

You can  
take  
control  
of your  
health.

It's your  
decision.

www.healthnet.com



## If you're ready to get active and lead a healthier lifestyle, then make another good decision.

Enroll in a Health Net Medicare Supplement plan today to get fit your way™ with Healthways SilverSneakers® Fitness program at no additional cost. SilverSneakers is the nation's leading exercise program designed specifically for active older adults.

Health Net wants to empower you to live healthier, happier and longer. That's why we offer the SilverSneakers Fitness program as one of our many benefits.

To become a Health Net member or to receive additional information, call **1-800-926-4178** (TTY: **711**), 8:00 a.m. to 6:00 p.m., PST, Monday through Friday, except holidays.

The SilverSneakers® Fitness program, designed exclusively for Medicare-eligible individuals, offers physical activity, health education and social activities.

With the SilverSneakers premier network, you'll have a **complimentary membership with access to a variety of participating fitness locations** throughout the country. Many sites offer amenities such as:

- fitness equipment, pools and saunas\*
- the signature SilverSneakers classes,\* designed specifically for active older adults and taught by certified instructors
- additional signature classes such as SilverSneakers Splash and Yoga (at select locations)

Each location has a designated Program Advisor™ to help you along the way.

\*Classes and amenities vary by location.



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## More options for you

### Member Website

At the secure, easy-to-use SilverSneakers website, you can get expert advice, meal plans and healthy recipes; assess your health; track your activity; find fitness locations and FLEX classes; interact with the SilverSneakers online community and much more.

For more information, visit [silversneakers.com](http://silversneakers.com) or call **SilverSneakers: 1-866-666-7956**.

### SilverSneakers Steps<sup>®</sup>

SilverSneakers Steps is a personalized fitness program for members who can't get to a SilverSneakers location. Once you enroll in Steps, you may select one of four kits that best fits your lifestyle and fitness level – general fitness, strength, walking or yoga. Start now by visiting SilverSneakers online.

Health Net Life Insurance Company is a subsidiary of Health Net, Inc. Health Net is a registered service mark of Health Net, Inc.

The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments, and restrictions may apply. Benefits may change on January 1 of each year.

SilverSneakers<sup>®</sup> has a contract with Health Net.

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# SilverSneakers Locations



## Alameda

### Alameda

#### Anytime Fitness

883 Island Dr., Ste. D  
(510) 864-2030

Amenities: E  
Call before first visit.

#### Curves - East

2528 Blanding Ave.  
(510) 814-6525  
Amenities: E

## Berkeley

### 24 Hour Fitness - Berkeley Active

2072 Addison St.  
(510) 548-4653  
Amenities: E, SC

### 24 Hour Fitness - Solano

**Berkeley Fit Lite**  
1775 Solano Ave.  
(510) 524-4583  
Amenities: E, S, P, W

## Castro Valley

### 24 Hour Fitness - Castro Valley Active

3839 E. Castro Valley Blvd.  
(510) 733-6448  
Amenities: E

#### Curves

20273 Patio Dr.  
(510) 582-2451  
Amenities: E

## Dublin

### Curves Jenny Craig

7912 Dublin Blvd.  
925-828-1500  
Amenities: E

## Emeryville

### In-Shape City

6005 Shellmound St.  
(510) 597-8200  
Amenities: E, SC

## Fremont

### 24 Hour Fitness - Fremont Super Sport

4500 Auto Mall Pkwy.  
(510) 226-6900  
Amenities: E, S, P, W

### 24 Hour Fitness - Paseo Padre Active

39300 Paseo Padre Pkwy.  
(510) 795-6666  
Amenities: E, SC

### Bally Total Fitness

35630 Fremont Blvd.  
(510) 608-6230  
Amenities: E, S, P, W

### Fitness 19

40758 Fremont Blvd.  
(510) 656-1919  
Amenities: E

### Snap Fitness

43480 Mission Blvd., Ste. 160  
(510) 226-7627  
Amenities: E

## Hayward

### 24 Hour Fitness - Hayward Active

24727 Amador St.  
(510) 264-3275  
Amenities: E, S, P, W

### 24 Hour Fitness - Hayward Super Sport

2480 Whipple Rd.  
(510) 404-0803  
Amenities: E, S, P, W

### Bally Total Fitness

771 Jackson St.  
(510) 727-6778  
Amenities: E, S, P, W, SC

### Fitness 19

26905 - C Mission Blvd.  
(510) 583-1919  
Amenities: E

## Livermore

### 24 Hour Fitness - Livermore Super Sport

2650 Kittyhawk Rd.  
(925) 447-4496  
Amenities: E, S, P, W, SC

### Anytime Fitness

1855 Holmes St.  
(925) 292-7196  
Amenities: E  
Call before first visit.

### Curves - West

153 S. L St.  
(925) 960-9199  
Amenities: E

(cont.)

Locations are updated regularly and subject to change; visit [silversneakers.com](https://silversneakers.com) for the latest updates.

### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Livermore (cont.)

**Fitness 19**  
1456 Railroad Ave.  
(925) 263-9219  
Amenities: E, SC

## Newark

**24 Hour Fitness - Newark Active**  
5234 Newpark Plaza  
(510) 494-9348  
Amenities: E

**Curves - Northwest**  
6335 Jarvis Ave.  
(510) 744-1133  
Amenities: E

## Oakland

**24 Hour Fitness - Oakland Active**  
2050 Webster St.  
(510) 433-1140  
Amenities: E, W

**24 Hour Fitness - Oakland  
Magic Sport**  
3950 Alameda Ave.  
(510) 434-2495  
Amenities: E, S, P, W

**Curves - Dimond District**  
3483 Champion St.  
(510) 531-5300  
Amenities: E

**Curves - Rockridge**  
5665 College Ave., Ste. 101  
(510) 655-8808  
Amenities: E

## Oakland (cont.)

**Curves - Piedmont**  
1333 Grand Ave.  
(510) 428-2125  
Amenities: E

**East Oakland Sports Center**  
9161 Edes Ave.  
(510) 615-5838  
Amenities: E, P

## Pleasanton

**24 Hour Fitness - Pleasanton  
Willow Super Sport**  
4770 Willow Rd.  
(925) 463-1515  
Amenities: E, S, P, W, SC

**Curves - East**  
1991 Santa Rita Rd., Ste. I  
(925) 600-9612  
Amenities: E

**Fitness 19**  
4250 Rosewood Dr.  
(925) 416-1100  
Amenities: E

## San Leandro

**24 Hour Fitness - San Leandro  
Magic Sport**  
304 Bay Fair Mall  
(510) 278-9744  
Amenities: E, S, P, W

**Bally Total Fitness**  
567 Floresta Blvd.  
(510) 351-7579  
Amenities: E, S, P, W, SC

## San Leandro (cont.)

**Curves - East**  
159 Parrott St.  
(510) 352-1662  
Amenities: E

**Walt's Health Club**  
1660 Washington Ave.  
(510) 351-1830  
Amenities: E, S

## San Lorenzo

**Curves**  
15938 Hesperian Blvd.  
(510) 481-0111  
Amenities: E

## Union City

**Curves**  
2621 Decoto Rd.  
(510) 487-4222  
Amenities: E

**Union City Sports Center**  
31224 Union City Blvd.  
(510) 675-5808  
Amenities: E, SC

## Butte Chico

**Curves - South**  
1058 Mangrove Ave., Ste. 1  
(530) 894-1596  
Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Chico (cont.)

**NS Fitness**  
1026 Skyway Dr.  
(530) 898-8348  
Amenities: E, S, P, W, SC

## Gridley

**Gridley Fitness**  
1010 Sycamore St.  
(530) 846-4040  
Amenities: E, SC

## Oroville

**Curves**  
2190 Meyers St.  
(530) 533-8663  
Amenities: E

## YMCA of Superior California

1684 Robinson St.  
(530) 533-9622  
Amenities: P, SC

## Paradise

**Curves**  
6848-G Skyway  
(530) 877-8300  
Amenities: E

## Calaveras Valley Springs

**Curves**  
1906 Vista del Lago, Ste. F  
(209) 772-1986  
Amenities: E

## Contra Costa

### Alamo

**24 Hour Fitness - Alamo Express**  
140 Alamo Plaza, Ste. A  
(925) 362-1730  
Amenities: E

### Antioch

**24 Hour Fitness - Antioch Sport**  
2632 Somersville Rd.  
(925) 753-1553  
Amenities: E, S, P, W, SC

### Fitness Evolution

1300 Verne Roberts Cir.  
(925) 778-7070  
Amenities: E, S, P, W

### Brentwood

#### Anytime Fitness

7750 Brentwood Blvd., Ste. E  
(925) 513-7001  
Amenities: E  
Call before first visit.

#### Curves

3130 Balfour Rd., Ste. A  
(925) 240-8065  
Amenities: E

#### Fitness Evolution

2490 Sand Creek Rd.  
(929) 230-0966  
Amenities: E, S

#### In-Shape City

180 Griffith Ln.  
(925) 513-8700  
Amenities: E, P, SC

## Clayton

### Snap Fitness

6200 Center St., Ste. G  
(925) 693-0110  
Amenities: E

## Concord

### 24 Hour Fitness - Concord Sport

359 Sun Valley Mall  
(925) 674-8412  
Amenities: E, S, P, W

### Anytime Fitness

1150 Concord Ave.  
(925) 363-3301  
Amenities: E  
Call before first visit.

### Curves - South

2962-C Treat Blvd.  
(925) 288-9344  
Amenities: E

### Fitness 19

4115 Concord Blvd., Ste. 10  
(925) 521-1919  
Amenities: E

### Fitness Evolution

3517 Clayton Rd.  
(925) 682-3488  
Amenities: E

### In-Shape Sport

5294 Clayton Rd.  
(925) 602-5600  
Amenities: E, S, P, W, SC

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
\* Seasonal Pool

# SilverSneakers Locations (cont.)



## Danville

**Crunch Fitness**  
3464 Blackhawk Plaza Cir.  
(925) 272-5600  
Amenities: E

## El Cerrito

**Curves**  
11155 San Pablo Ave.  
(510) 215-7000  
Amenities: E

## Lafayette

**Itrim - La Fiesta Square**  
973 Moraga Rd.  
(925) 385-0605  
Amenities: E

## Martinez

**Fitness Evolution**  
6635 Alhambra Ave.  
(925) 932-7424  
Amenities: E

## Moraga

**24 Hour Fitness - Moraga**  
**Rheem Super Sport**  
351 Rheem Blvd.  
(925) 377-2400  
Amenities: E

## Pinole

**Curves Jenny Craig**  
2814 Pinole Valley Rd.  
510-262-9564  
Amenities: E

## Pinole (cont.)

**Ladies Workout Express**  
1573 Tara Hills Dr.  
(510) 964-9900  
Amenities: E

**Pinole Senior Center**  
2500 Charles Ave.  
(510) 724-9800  
Amenities: SC

## Pittsburg

**In-Shape Sport**  
4300 Delta Gateway  
(925) 752-7010  
Amenities: E, P

## Pleasant Hill

**Curves**  
2231 Morello Ave.  
(925) 691-0502  
Amenities: E

## Richmond

**24 Hour Fitness - Richmond**  
**Magic Sport**  
2126 Hilltop Mall Rd.  
(510) 758-2224  
Amenities: E, S, P, W, SC

## San Ramon

**24 Hour Fitness - San Ramon**  
**Super Sport**  
4450 Norris Canyon Rd.  
(925) 244-9855  
Amenities: E, S, P, W, SC

## San Ramon (cont.)

**Curves**  
2217 San Ramon Valley Blvd., Ste. E  
(925) 743-8273  
Amenities: E

**Fitness 19**  
160 Market Pl.  
(925) 327-1919  
Amenities: E

**Itrim - Crow Canyon Commons**  
3151 Crow Canyon Pl.  
(925) 277-1443  
Amenities: E, SC

## Walnut Creek

**24 Hour Fitness - Walnut Creek Active**  
2033 N. Main St.  
(925) 930-7900  
Amenities: E

**24 Hour Fitness - Walnut Creek N.**  
**Main Super Sport**  
2800 N. Main St.  
(925) 357-4733  
Amenities: E, S, P, W, SC

**Curves - South**  
1848 Tice Valley Blvd.  
(925) 945-7484  
Amenities: E

**Fitness 19**  
1853 Ygnacio Valley Rd.  
(925) 935-1132  
Amenities: E

**Snap Fitness**  
1533A Palos Verdes Mall  
(925) 938-8006  
Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## El Dorado

### Cameron Park

#### Anytime Fitness

3490 Palmer Dr., Ste. 3E  
(530) 350-5090  
Amenities: E

## El Dorado Hills

### Snap Fitness

2222 Francisco Dr., Ste. 290  
(916) 933-9448  
Amenities: E, SC

## Placerville

### Anytime Fitness

3970 Missouri Flat Rd., Ste. I  
(530) 295-3600  
Amenities: E  
Call before first visit.

### Curves

81 Fair Ln., Unit J  
(530) 295-9020  
Amenities: E

### Snap Fitness

1248 Broadway  
(530) 621-2777  
Amenities: E

## Shingle Springs

### Snap Fitness

3975 Durock Rd., Ste. 104  
(530) 672-2777  
Amenities: E

## South Lake Tahoe

### Push Fitness

2565 Lake Tahoe Blvd.  
(530) 544-9111  
Amenities: E, S

### Sierra Athletic Club

593 Tahoe Keys Blvd., Ste. C  
(530) 542-4426  
Amenities: E, S

## Fresno

### Clovis

### Blast Fitness

781 W. Shaw Ave.  
(559) 297-8488  
Amenities: E, SC

### Fitness 19

313 W. Shaw Ave.  
(559) 322-9919  
Amenities: E

### Fitness Evolution

1295 E. Shaw Ave.  
(559) 297-9385  
Amenities: E

### Peak Fitness

2141 Shaw Ave., Ste. 108  
(559) 299-3488  
Amenities: E

## Fresno

### Blast Fitness

5137 N. Blackstone Ave.  
(559) 226-8686  
Amenities: E, SC

## Fresno (cont.)

### Blast Fitness

4308 W. Shaw Ave.  
(559) 277-8383  
Amenities: E, SC

### Curves - East Central

339 E. Shaw  
(559) 221-7001  
Amenities: E

### Curves - Northeast

8963 N. Chestnut Ave.  
(559) 298-3100  
Amenities: E

### Curves - Northwest

2053 W. Bullard Ave.  
(559) 447-5058  
Amenities: E

### Curves - West

4434 W. Ashlan Ave.  
(559) 275-1269  
Amenities: E

### Fitness 19

6735 N. Milburn Ave., Ste. 100  
(559) 261-4419  
Amenities: E

### Fitness Evolution - Fig Garden Loop

6360 N. Figarden Dr.  
(559) 369-2466  
Amenities: E, S

### Fitness Evolution

4065 E. Ashlan Ave.  
(559) 322-8625  
Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Fresno (cont.)

**Sunnyside Health & Tennis Club**  
5707 E. Balch Ave.  
(559) 251-0800  
Amenities: E, S, P\*, SC

## Kingsburg

**Curves**  
1440 Draper St., Ste. C  
(559) 897-9788  
Amenities: E

## Reedley

**Xcelerate Fitness**  
555 I St.  
(559) 638-2300  
Amenities: E, SC

## Sanger

**Anytime Fitness**  
1132 Academy Ave., Ste. 108  
(559) 399-8080  
Amenities: E

## Thrive Fitness

1861 Academy Ave.  
(559) 875-9596  
Amenities: E, SC

## Selma

**Xcelerate Fitness**  
3390 Floral Ave.  
(559) 896-8600  
Amenities: E, SC

## Humboldt

### Fortuna

**Curves**  
455 N. Fortuna Blvd.  
(707) 725-3500  
Amenities: E

## Imperial

### Brawley

**Snap Fitness**  
435-A W. Main St.  
(760) 412-5550  
Amenities: E

## El Centro

**Snap Fitness**  
1692 S. 4th St.  
(760) 259-1212  
Amenities: E, SC

## Kern

### Bakersfield

**24 Hour Fitness - Bakersfield NW Active**  
3633 Rosedale Hwy.  
(661) 325-3600  
Amenities: E, S, P, W, SC

**24 Hour Fitness - Bakersfield SW Active**  
4302 Gosford Rd.  
(661) 398-1111  
Amenities: E

## Bakersfield (cont.)

**Body Xchange Fitness Spa**  
7701 White Ln., Ste. A-4  
(661) 837-2639  
Amenities: E, SC

### Body Xchange Sports Club Northwest

2749 N. Calloway Dr., Ste. 530  
(661) 410-2639  
Amenities: E

### Curves - Southwest

4713 Planz Rd.  
(661) 836-0380  
Amenities: E

### Curves - Northeast

3709 Columbus St.  
(661) 873-1776  
Amenities: E

### Curves

9500 Flushing Quail Rd., Ste. 502  
(661) 589-2380  
Amenities: E

### Fitness 19

9620 Hageman Rd., Ste. B  
(661) 588-5519  
Amenities: E

### In-Shape City

4801 White Ln.  
(661) 398-4970  
Amenities: E, P, SC

### In-Shape City

2681 Oswell St.  
(661) 371-2990  
Amenities: E, S, P, W, SC

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
\* Seasonal Pool



# SilverSneakers Locations (cont.)



## Bakersfield (cont.)

### In-Shape Sport

3409 Coffee Rd.  
(661) 615-6125  
Amenities: E, P, SC

### In-Shape Sport - Stockdale

4230 California Ave.  
(661) 843-3100  
Amenities: E, P

## California City

### Cal City Fitness

21017 Nemophilia St.  
(760) 373-1348  
Amenities: E

## Delano

### American Health & Fitness Gym

1427 S. Lexington St.  
(661) 721-7191  
Amenities: E

## Lake Isabella

### Valley Fitness Center

6200 Lake Isabella Blvd.  
(760) 417-2206  
Amenities: E, SC

## Ridgecrest

### Curves

219 N. Balsam St.  
(760) 375-6828  
Amenities: E

## Rosamond

### Curves

2997 Desert St., #7  
(661) 256-4551  
Amenities: E

## Shafter

### Anytime Fitness

1160 E. Lerdo Hwy.  
(661) 746-1503  
Amenities: E  
Call before first visit.

## Tehachapi

### Curves

20221 W. Valley Blvd., Ste. A  
(661) 823-9948  
Amenities: E

### Fitness Zone

20601 Hwy. 202, Ste. A101  
(661) 823-9144  
Amenities: E, SC

### Tehachapi Fitness Center

20936 Sage Ln.  
(661) 823-8205  
Amenities: E

## Wasco

### Anytime Fitness

2445 Ste. A., Hwy. 46  
(661) 758-1500  
Amenities: E  
Call before first visit.

## Kings

## Hanford

### Curves

554 N. 11th Ave.  
(559) 583-8400  
Amenities: E

## Lake

## Clearlake

### Curves

14828 Olympic Dr.  
(707) 994-4888  
Amenities: E

## Hidden Valley Lake

### Anytime Fitness

18990 Coyote Valley Rd.  
(707) 987-9100  
Amenities: E, SC

## Los Angeles

## Alhambra

### Curves - North

244 E. Main St.  
(626) 282-2999  
Amenities: E

### Curves - Northwest

2718 W. Main St.  
(626) 284-2744  
Amenities: E

### LA Fitness

412 E. Main St.  
(626) 299-5980  
Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Alhambra (cont.)

**LA Fitness**  
920 S. Fremont Ave.  
(626) 310-3030  
Amenities: E

**West San Gabriel Valley YMCA**  
401 E. Corto St.  
(626) 576-0226  
Amenities: E, P, SC

## Altadena

**24 Hour Fitness - Alta Dena Magic Sport**  
2180 Lincoln Ave., Bldg. 4  
(626) 296-8700  
Amenities: E, S, P, W, SC

## Arcadia

**24 Hour Fitness - Arcadia Sport**  
125 N. First Ave.  
(626) 446-3000  
Amenities: E, S, P, W

**Arcadia Fitness Sports Club**  
56 E. Duarte Rd.  
(626) 446-2175  
Amenities: E, S, P, W, SC

## Arcadia

**Curves**  
1436 S. Baldwin Ave.  
(626) 446-2420  
Amenities: E

**Gold's Gym**  
400 S. Baldwin Ave., Ste. 3000  
(626) 447-1500  
Amenities: E, S, P, W, SC

## Arcadia (cont.)

**LA Fitness**  
1325 S. Baldwin Ave.  
(626) 400-5001  
Amenities: E

## Baldwin Park

**Fitness 19**  
3000 Big Dalton Ave.  
(626) 939-1919  
Amenities: E

## Bellflower

**Curves**  
16535 Bellflower Blvd.  
(562) 461-2860  
Amenities: E

**Fitness 19**  
9044 Alondra Blvd.  
(562) 867-1919  
Amenities: E

**Thompson Park Pool**  
14001 Bellflower Blvd.  
(562) 866-2015  
Amenities: P

## Beverly Hills

**LA Fitness**  
9100 Wilshire Blvd., Ste. 100E  
(310) 734-0942  
Amenities: E

## Burbank

**24 Hour Fitness - Burbank Empire Super Sport**  
1903 W. Empire Ave.  
(818) 531-0257  
Amenities: E, S, P, W

**Crunch Fitness**  
761 N. San Fernando Blvd.  
(818) 336-9300  
Amenities: E

**Curves - South**  
1518 W. Magnolia Blvd.  
(818) 558-3591  
Amenities: E

**Powerhouse Gym**  
10950 Sherman Way, Ste. 160  
(818) 565-5533  
Amenities: E, SC

## Carson

**24 Hour Fitness - Carson Magic Johnson Sport**  
945 E. Dominguez St.  
(310) 323-1424  
Amenities: E, SC

**Veterans Sports Complex**  
22400 S. Moneta Ave.  
(310) 830-9992  
Amenities: E, P\*

## Cerritos

**LA Fitness**  
10802 Alondra Blvd.  
(562) 924-8737  
Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
\* Seasonal Pool

# SilverSneakers Locations (cont.)



## Cerritos (cont.)

**LA Fitness**  
11881 E. Del Amo Blvd.  
(562) 924-1514  
Amenities: E, SC

## Chatsworth

**LA Fitness**  
9143 De Soto Ave.  
(818) 882-5912  
Amenities: E, SC

**Powerhouse Gym**  
20914 Nordhoff St.  
(818) 775-0300  
Amenities: E, S

## City of Industry

**24 Hour Fitness - City of Industry Sport**  
21560 Valley Blvd.  
(909) 978-6046  
Amenities: E, S, P, W, SC

**24 Hour Fitness - Puente Hills Sport**  
1600 S. Azusa Ave.  
(626) 839-1700  
Amenities: E, S, P\*, W, SC

**LA Fitness**  
1545 Hanover Rd.  
(626) 839-3222  
Amenities: E

## Compton

**24 Hour Fitness - Compton Gateway Magic Sport**  
110 Towne Ctr. Dr.  
(310) 735-9114  
Amenities: E, S, P, W, SC

## Covina

**Curves**  
536 S. Second Ave., #D  
(626) 859-9909  
Amenities: E

**Fitness 19**  
207 N. Grand Ave.  
(626) 339-1919  
Amenities: E

## Culver City

**Gold's Gym**  
6000 Sepulveda Blvd., Ste. 1200  
(310) 313-0033  
Amenities: E

**LA Fitness**  
3827 Overland Ave.  
(310) 204-2030  
Amenities: E

## Cypress

**Curves - El Dorado**  
4151 Ball Rd.  
(714) 236-5330  
Amenities: E

## Diamond Bar

**Crunch**  
1140 S. Diamond Bar Blvd.  
(909) 444-0142  
Amenities: E

**Diamond Bar Family YMCA**  
1673 Maple Hill Rd.  
(909) 861-3424  
Amenities: E, P\*

## Diamond Bar (cont.)

**Diamond Bar/Walnut YMCA**  
22600 Sunset Crossing Rd.  
(909) 860-9622  
Amenities: SC

**LA Fitness**  
20801 Golden Springs Dr.  
(909) 595-0045  
Amenities: E

## Downey

**LA Fitness**  
7230 Firestone Blvd.  
(562) 927-5688  
Amenities: E

**LA Fitness**  
12074 Lakewood Blvd.  
(562) 803-3432  
Amenities: E

**Talbert Fitness & Physical Therapy Center**  
8311 Florence Ave.  
(562) 904-2090  
Amenities: SC

## Duarte

**Curves**  
1159 Huntington Dr.  
(626) 303-4800  
Amenities: E

## Encino

**LA Fitness**  
17401 Ventura Blvd.  
(818) 382-6060  
Amenities: E, SC

(cont.)

Locations are updated regularly and subject to change; visit [silversneakers.com](https://silversneakers.com) for the latest updates.

### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Glendale

### 24 Hour Fitness - Glendale Active

240 N. Brand Blvd.

(818) 240-5111

Amenities: E

### 24 Hour Fitness - Glendale Super Sport

450 N. Brand Blvd.

(818) 247-4334

Amenities: E, S, P, W

### Curves - Central

1010 Glendale Ave., Ste. 003

(818) 244-3030

Amenities: E

### Curves - West

1416 W. Kenneth Rd.

(818) 551-1600

Amenities: E

### LA Fitness

623 S. Central Ave.

(818) 240-2425

Amenities: E

### YMCA of Glendale

140 N. Louise St.

(818) 240-4130

Amenities: E, S, P, W, SC

## Glendora

### 24 Hour Fitness - Glendora Sport

1357 Glendora Marketplace Dr.

(626) 804-2403

Amenities: E, S, P, W, SC

## Glendora (cont.)

### Curves - West

765-A W. Rte. 66

(626) 852-7909

Amenities: E

### King's Fitness

917 E. Rte. 66

(626) 963-5464

Amenities: E

### LA Fitness

820 S. Grand Ave.

(626) 335-5474

Amenities: E

### Total Solution Wellness for Women

303 W. Foothill Blvd., Ste. 11

(626) 963-1700

Amenities: E

### World Gym

1838 E. Rte. 66

(626) 335-0300

Amenities: E

## Granada Hills

### Curves

11860 - 1/2 Balboa Blvd.

(818) 368-3131

Amenities: E

### Fitness Unlimited

16836 Devonshire St.

(818) 368-8140

Amenities: E, SC

## Hacienda Heights

### San Gabriel Valley YMCA

1603 S. Stimson Ave.

(626) 339-6221

Amenities: E, SC

## Harbor City

### LA Fitness

908 W. Sepulveda Blvd.

(424) 203-2060

Amenities: E

## Hawthorne

### 24 Hour Fitness - Hawthorne

#### Magic Sport

2831 W. 120th St.

(323) 756-2466

Amenities: E, S, P, W, SC

### Coast Fitness

5001-5005 W. El Segundo Blvd.

(310) 978-1800

Amenities: E, S, W, SC

### LA Fitness

4949 W. 147th St.

(310) 844-0653

Amenities: E

## Hermosa Beach

### 24 Hour Fitness - Hermosa Beach Sport

1601 Pacific Coast Hwy., Ste. 100

(310) 374-4524

Amenities: E, S, P, W, SC

## Hollywood

### 24 Hour Fitness - Hollywood

#### Super Sport

6380 W. Sunset Blvd.

(323) 461-2024

Amenities: E, S, P, W

### Gold's Gym

1016 N. Cole Ave.

(323) 462-7012

Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Huntington Park

**LA Fitness**  
3081 E. Slauson Ave.  
(323) 589-8935  
Amenities: E

## Inglewood

**LA Fitness**  
3531 W. Century Blvd.  
(310) 672-6002  
Amenities: E, SC

## La Canada

**Crescenta-Canada YMCA**  
1930 Foothill Blvd.  
(818) 790-0123  
Amenities: E, S, P, W

## La Mirada

**24 Hour Fitness - La Mirada Sport**  
13395 Beach Blvd.  
(562) 902-2455  
Amenities: E, S, P, W, SC

**Curves**  
15755 Imperial Hwy.  
(562) 947-3238  
Amenities: E

## La Verne

**Crunch Fitness**  
1475 Foothill Blvd., Ste. A  
(909) 256-7001  
Amenities: E

**Curves**  
2117 Foothill Blvd., Ste. I  
(909) 596-6000  
Amenities: E

## La Verne (cont.)

**LA Fitness**  
1275 E. Foothill Blvd.  
(909) 392-1063  
Amenities: E

## Lakewood

**24 Hour Fitness - Lakewood Super Sport**  
4821 Del Amo Blvd.  
(562) 630-2668  
Amenities: E, S, P, W, SC

**Crunch Fitness**  
5815 Bellflower Blvd.  
(562) 262-0404  
Amenities: E

**Nifty after Fifty**  
5510 Clark Ave.  
(562) 677-3700  
Amenities: E  
Call before first visit.

**Weingart-Lakewood Family YMCA**  
5835 E. Carson St.  
(562) 425-7431  
Amenities: E, P, W, SC

## Lancaster

**24 Hour Fitness - Lancaster West Super Sport**  
1220 W. Ave. K  
(661) 206-3045  
Amenities: E, S, P, W, SC

**All About Fitness**  
500 W. Lancaster Blvd.  
(661) 942-9888  
Amenities: E

## Lancaster (cont.)

**Curves - West**  
2835 W. Ave. L  
(661) 718-2305  
Amenities: E

**Powerhouse Gym**  
42212 10th St. W., Unit 6A  
(661) 723-7162  
Amenities: E, SC

## Long Beach

**24 Hour Fitness - Long Beach Active**  
100 Oceangate Plaza Level  
(562) 435-6300  
Amenities: E

**24 Hour Fitness - Long Beach Super Sport**  
3030 N. Bellflowers Blvd.  
(562) 420-1444  
Amenities: E, S, P, W, SC

**Alpert Jewish Community Center**  
3801 E. Willow St.  
(562) 426-7601  
Amenities: E, S, P, SC

**Anytime Fitness**  
4000 E. Anaheim St.  
(562) 343-5801  
Amenities: E  
Call before first visit.

**Anytime Fitness**  
3599 N. Los Coyotes Diagonal  
(562) 354-6773  
Amenities: E

**Curves - East**  
6536 E. Spring St.  
(562) 421-1166  
Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Long Beach (cont.)

### Curves - South Central

2741 E. 4th St., Unit C

(562) 856-8080

Amenities: E

### Fairfield Family YMCA

4949 Atlantic Ave.

(562) 423-0491

Amenities: E, P, SC

### Fitness 19

6337 E. Spring St.

(562) 425-1919

Amenities: E

### Gold's Gym

345 Pine Ave.

(562) 436-4653

Amenities: E

### LA Fitness

2140 E. Carson St.

(562) 997-9176

Amenities: E

### LA Fitness

2180 N. Bellflower Blvd.

(562) 314-1820

Amenities: E

### LA Fitness

5810 Downey Ave.

(562) 272-7255

Amenities: E

### LA Fitness

4438 E. Pacific Coast Hwy.

(562) 494-1216

Amenities: E

## Long Beach (cont.)

### Los Altos Family YMCA

1720 N. Bellflower Blvd.

(562) 596-3394

Amenities: E, P, SC

### The Fit Stop Gym and Group Fitness

4105 N. Viking Way

(562) 627-0119

Amenities: E

## Los Angeles

### 24 Hour Fitness - Beverly Hills Active

9911 W. Pico Blvd., Level A

(310) 553-7600

Amenities: E, SC

### 24 Hour Fitness - Downtown LA

#### 6th St Sport

505 S. Flower St., Level B

(213) 683-1400

Amenities: E

### 24 Hour Fitness - La Cienega

#### Magic Sport

5045 W. Slauson Ave.

(323) 293-2481

Amenities: E, S, P, W

### 24 Hour Fitness - LAX Active

5959 W. Century Blvd.

(310) 410-9909

Amenities: E

### 24 Hour Fitness - Mid Wilshire Active

3699 Wilshire Blvd., Ste. 11

(213) 388-2700

Amenities: E

### Crunch Fitness

8000 Sunset Blvd.

(323) 654-4550

Amenities: E

## Los Angeles (cont.)

### Curves

4870 Eagle Rock Blvd.

(323) 259-5800

Amenities: E

### Curves

527 N. Larchmont Blvd.

(323) 465-4652

Amenities: E

### Curves

2724 Griffith Park Blvd., At Hyperion

(323) 912-9205

Amenities: E

### Gold's Gym - Downtown

735 S. Figueroa St., #100

(213) 688-1441

Amenities: E, S, P, W, SC

### LA Fitness - Downtown

700 S. Flower

(213) 624-3933

Amenities: E

### LA Fitness

7021 Hollywood Blvd.

(323) 462-3824

Amenities: E

### LA Fitness

1628 N. El Centro Ave.

(323) 461-0227

Amenities: E

### LA Fitness

1833 C. South La Cienega Blvd.

(310) 202-6823

Amenities: E

### LA Fitness - Universal City

3400 Cahuenga Blvd. W.

(323) 876-1076

Amenities: E

(cont.)

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## Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Los Angeles (cont.)

**LA Fitness**  
1914 S. Bundy Dr.  
(310) 820-7571  
Amenities: E

**The Courtyard Club**  
5750 Wilshire Blvd., Ste. 175  
(323) 933-5875  
Amenities: E, S, SC

## Manhattan Beach

**24 Hour Fitness - Manhattan Beach Active**  
1500 Rosecrans Ave.  
(310) 536-9300  
Amenities: E, SC

## Miracle Mile

**LA Fitness**  
5950 Wilshire Blvd.  
(323) 934-6150  
Amenities: E

## Monrovia

**24 Hour Fitness - Monrovia Active**  
715 E. Huntington Dr.  
(626) 358-3333  
Amenities: E, SC

**Foothill Gym**  
202 S. Myrtle Ave.  
(626) 303-7667  
Amenities: E

**Movement Unlimited Fitness Center**  
120 E Lemon Ave.  
(626) 359-4656  
Amenities: E

## Monrovia (cont.)

**Santa Anita Family YMCA**  
501 S. Mountain Ave.  
(626) 359-9244  
Amenities: E, S, P, SC

## Montebello

**LA Fitness**  
2222 W. Beverly Blvd.  
(323) 722-0994  
Amenities: E

## Monterey Park

**24 Hour Fitness - Monterey Park Sport**  
500 N. Atlantic Blvd.  
(626) 537-2144  
Amenities: E, S, P, W, SC

**LA Fitness**  
416 S. Atlantic Blvd., Bldg. B  
(323) 346-6061  
Amenities: E

## Montrose

**Curves**  
3725 Clifton Pl.  
(818) 957-7300  
Amenities: E

## North Hollywood

**24 Hour Fitness - North Hollywood Super Sport**  
5300 Lankershim Blvd.  
(818) 738-1798  
Amenities: E, S, P, W

## North Hollywood (cont.)

**Gold's Gym**  
6233 Laurel Canyon Blvd.  
(818) 506-4600  
Amenities: E

**LA Fitness**  
13069 Victory Blvd.  
(818) 506-4208  
Amenities: E

## Northridge

**24 Hour Fitness - Northridge Super Sport**  
19350 Nordhoff St., Unit D  
(747) 224-2000  
Amenities: E, S, P, W, SC

**California Fitness Center**  
9150 Reseda Blvd.  
(818) 772-4500  
Amenities: E

**Crunch**  
10155 Reseda Blvd.  
(818) 700-4900  
Amenities: E, S

**LA Fitness**  
18679 Devonshire St.  
(818) 832-5496  
Amenities: E

## Norwalk

**LA Fitness**  
11703 E. Rosecrans Ave.  
(562) 929-2633  
Amenities: E, SC

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Pacoima

**Alicia Broadous-Duncan Multi-purpose Senior Center**  
11300 Glenoaks Blvd.  
(818) 834-6100  
Amenities: SC

## Palmdale

**24 Hour Fitness - Palmdale West Active**  
1335 W. Ave. P  
(661) 947-1200  
Amenities: E, SC

**Curves - West**  
38709 N. Tierra Subida Ave., Ste. 305  
(661) 265-9444  
Amenities: E

**Universal Fitness Club**  
2140 E. Palmdale Blvd., Ste. A  
(661) 266-3200  
Amenities: E, SC

## Panorama City

**24 Hour Fitness - Panorama City Active**  
8350 Van Nuys Blvd.  
(818) 830-1600  
Amenities: E, SC

## Pasadena

**24 Hour Fitness - Pasadena Downtown Sport**  
525 E. Colorado Blvd.  
(626) 795-7121  
Amenities: E, S, P, W

## Pasadena (cont.)

**24 Hour Fitness - Pasadena Halstead Active**  
465 N. Halstead St.  
(626) 351-2222  
Amenities: E, SC

**Curves - North**  
1311 N. Altadena Dr.  
(626) 794-5294  
Amenities: E

**Gold's Gym**  
39 S. Altadena  
(626) 304-1133  
Amenities: E, SC

**LA Fitness**  
201 S. Lake Ave.  
(626) 568-3598  
Amenities: E

**LA Fitness**  
355 N. Rosemead Blvd.  
(626) 264-9138  
Amenities: E

## Pico Rivera

**LA Fitness**  
8909 Washington Blvd.  
(562) 801-0637  
Amenities: E

## Playa Vista

**LA Fitness**  
5570 Lincoln Blvd.  
(310) 881-3460  
Amenities: E

## Pomona

**YMCA of Pomona Valley**  
1460 E. Holt Ave., Ste. 196  
(909) 623-6433  
Amenities: E, S, P, W, SC

## Rancho Palos Verdes

**Curves - East**  
28380 Western Ave.  
(310) 547-9740  
Amenities: E

**LA Fitness**  
28901 S. Western Ave.  
(310) 732-2100  
Amenities: E

## Redondo Beach

**Center for Health & Fitness**  
514 N. Prospect Ave., 2nd Fl.  
(310) 374-3426  
Amenities: E, SC

## Rosemead

**LA Fitness**  
3508 Rosemead Blvd.  
(626) 571-0228  
Amenities: E

## San Dimas

**ClieTrainers**  
1034 W. Arrow Hwy. #G  
(909) 929-0201  
Amenities: E

**San Dimas Swim & Racquet Club**  
990 W. Covina Blvd.  
(909) 592-1430  
Amenities: E, S, P\*, SC

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool



# SilverSneakers Locations (cont.)



## Santa Clarita

**24 Hour Fitness - Santa Clarita Active**  
18645 Via Princesa  
(661) 252-7777  
Amenities: E, S, P\*, W, SC

### Anytime Fitness

26869 Bouquet Canyon Rd.  
(661) 263-3778  
Amenities: E

### LA Fitness

26455 Golden Valley Rd.  
(661) 254-8268  
Amenities: E

### Santa Clarita Athletic Club

24640 Wiley Canyon Rd.  
(661) 255-3365  
Amenities: E, S, P, SC

## Santa Fe Springs

### 24 Hour Fitness - Santa Fe Springs Magic Sport

13312 Imperial Hwy.  
(562) 407-2424  
Amenities: E, S, P, W

### LA Fitness

13332 E. Telegraph Rd.  
(562) 941-6200  
Amenities: E

## Santa Monica

### 24 Hour Fitness - Santa Monica Express

1417 2nd St.  
(310) 255-0008  
Amenities: E

## Santa Monica (cont.)

**24 Hour Fitness - Santa Monica Super Sport**  
2929 31st St.  
(310) 450-4464  
Amenities: E, S, P, SC

### Curves - Northwest

1821 Wilshire Blvd., Ste. 120  
(310) 582-9181  
Amenities: E

## Sherman Oaks

### 24 Hour Fitness - Sherman Oaks Magic Sport

15301 Ventura Blvd.  
(818) 728-6777  
Amenities: E, W, SC

### LA Fitness

5300 Coldwater Canyon  
(818) 505-0772  
Amenities: E, SC

## Stevenson Ranch

### LA Fitness

24945 Pico Canyon Rd.  
(661) 219-0722  
Amenities: E

## Studio City

### LA Fitness

11301 Ventura Blvd.  
(818) 760-7800  
Amenities: E

## Tarzana

**Anytime Fitness**  
19235 Ventura Blvd.  
(818) 300-0348  
Amenities: E  
Call before first visit.

## Torrance

### 24 Hour Fitness - North Torrance Redondo Active

4240 Redondo Beach Blvd.  
(310) 750-1143  
Amenities: E, W, SC

### 24 Hour Fitness - Torrance/PV Sport

2685 Pacific Coast Hwy.  
(310) 534-5100  
Amenities: E, S, P, W, SC

### Curves - Central

3535 Torrance Blvd., Ste. 13  
(310) 540-0083  
Amenities: E

### Curves - North

4230 Redondo Beach Blvd.  
(310) 371-1122  
Amenities: E

### LA Fitness

3550 Carson St., Ste. 404  
(310) 921-9890  
Amenities: E

## Tujunga

### Verdugo Hills Family YMCA

6840 Foothill Blvd.  
(818) 352-3255  
Amenities: E, P, SC

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Tujunga (cont.)

**World Gym Crescenta Valley**  
6656 Foothill Blvd.  
(818) 951-5222  
Amenities: E

## Valencia

**Gold's Gym**  
24445 Town Center Dr., Ste. 195  
(661) 288-1818  
Amenities: E, S, P, W, SC

## LA Fitness

28211 Newhall Ranch Rd.  
(661) 294-0985  
Amenities: E

## Van Nuys

**Curves - Reseda**  
17624 Sherman Way  
(818) 668-8433  
Amenities: E

## LA Fitness

6161 N. Sepulveda Blvd.  
(818) 988-7411  
Amenities: E

## Venice

**Curves**  
316 Lincoln Blvd., Ste. 231  
(310) 450-3131  
Amenities: E

## Venice (cont.)

**Gold's Gym**  
360 Hampton Dr.  
(310) 392-4661  
Amenities: E

## Walnut

**Curves**  
385 S. Lemon Ave., Ste. H  
(909) 598-9238  
Amenities: E

## West Covina

**24 Hour Fitness - South Hills Plaza Active**  
1422 S. Azusa Ave.  
(626) 257-2422  
Amenities: E

## 24 Hour Fitness - West Covina Sport

1530 W. Covina Pkwy.  
(626) 851-2600  
Amenities: E, S, P, W, SC

## Gold's Gym

502 Plaza Dr.  
(626) 338-2444  
Amenities: E, S, P, W, SC

## LA Fitness

441 N. Azusa Ave.  
(626) 966-7532  
Amenities: E, SC

## LA Fitness

3101 E. Garvey Ave. N.  
(626) 251-2133  
Amenities: E

## West Hills

**24 Hour Fitness - Fallbrook West Hills Super Sport**  
6653 Fallbrook Ave.  
(818) 887-2582  
Amenities: E, S, P, W, SC

## LKAS

22622 Vanowen St.  
(818) 464-3315  
Amenities: P

## West Hollywood

**24 Hour Fitness - West Hollywood Super Sport**  
8612 Santa Monica Blvd.  
(310) 652-7440  
Amenities: E, S, P\*, W

## Westchester

**LA Fitness**  
8601 Lincoln Blvd.  
(310) 846-0070  
Amenities: E

## Westwood

**LA Fitness**  
10921 Wilshire Blvd.  
(310) 209-5002  
Amenities: E

## Whittier

**24 Hour Fitness - Whittier Active**  
10125 Whittwood Dr.  
(562) 943-3771  
Amenities: E, SC

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Whittier (cont.)

**East Whittier YMCA**  
15740 E. Starbuck St.  
(562) 943-7241  
Amenities: E, S, P, SC

**Nifty after Fifty**  
16405 Whittier Blvd.  
(562) 501-2200  
Amenities: E  
Call before first visit.

**Uptown Whittier YMCA**  
12510 E. Hadley St.  
(562) 907-6530  
Amenities: E, P, W, SC

## Winnetka

**Curves**  
19749 Sherman Way  
(818) 998-1422  
Amenities: E

## Woodland Hills

**LA Fitness**  
6401 Canoga Ave.  
(818) 224-7820  
Amenities: E

## Madera

### Chowchilla

**Ava Fitness Spa**  
1505 E. Robertson Blvd.  
(559) 665-3828  
Amenities: E

## Chowchilla (cont.)

**Fitness Peak**  
131 N. 5th St.  
(559) 533-1111  
Amenities: E

## Coarsegold

**Forever Fitness**  
28420 Yosemite Springs Pkwy., Ste. C  
(559) 681-1466  
Amenities: E

## Madera

**Curves - Madera Acres**  
16810 Rd. 26  
(559) 662-0234  
Amenities: E

**Thrive Fitness**  
16491 Rd. 26  
(559) 673-2424  
Amenities: E

**Thrive Fitness**  
1803 Sunset Ave.  
(559) 673-3054  
Amenities: E, S, P, SC

**Thrive Fitness on Cleveland**  
2330 W. Cleveland Ave.  
(559) 675-9970  
Amenities: E

## Oakhurst

**Oakhurst Physical Therapy**  
39930 Sierra Way, Ste. A  
(559) 683-0974  
Amenities: E

## Oakhurst (cont.)

**The Fitness Zone**  
40118 Enterprise Hwy. 49  
(559) 641-7255  
Amenities: E, SC

## Marin

### Larkspur

**24 Hour Fitness - Larkspur Active**  
1001 Larkspur Landing Cir.  
(415) 925-0333  
Amenities: E

## Novato

**Curves - South**  
20 C Pimentel Ct., Ste. 4  
(415) 883-3075  
Amenities: E

## San Rafael

**Curves - South**  
555 E. Francisco Blvd., Unit 17  
(415) 485-0400  
Amenities: E

## Mariposa

### Mariposa

**The Fitness Zone II**  
5041 State Hwy. 140  
(209) 742-5151  
Amenities: E, SC

(cont.)

Locations are updated regularly and subject to change; visit [silversneakers.com](https://silversneakers.com) for the latest updates.

### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Mendocino

### Fort Bragg

#### C.V. Starr Community Center

300 S. Lincoln St.

(707) 964-9446

Amenities: E, P, SC

### Ukiah

#### Anytime Fitness

175 S. Orchard Ave.

(707) 468-9999

Amenities: E

Call before first visit.

#### Curves

425 S. Orchard Ave., Ste. C

(707) 468-5755

Amenities: E

### Willits

#### Curves

1726 S. Main St., Ste. F & G

(707) 456-0751

Amenities: E

#### Willits Pulse Fitness

865 S. Main St.

(707) 459-6172

Amenities: E

## Merced

### Atwater

#### Curves

1809 Bellevue Rd.

(209) 357-9800

Amenities: E

## Atwater (cont.)

#### In-Shape City

2501 Shaffer Rd.

(209) 357-5330

Amenities: E, P, SC

### Los Banos

#### In-Shape City

2240 Pacheco Blvd.

(209) 827-4400

Amenities: E, P, SC

## Merced

#### Curves

28 W. Olive Ave.

(209) 722-8783

Amenities: E

#### In-Shape City

2951 N. G St.

(209) 723-3377

Amenities: E, SC

## Monterey

### Monterey

#### Fitness Evolution

2000 Garden Rd.

(831) 646-0550

Amenities: E, S, P, W

#### In-Shape Sport

2370 N. Fremont St.

(831) 333-1853

Amenities: E, S, P, W, SC

## Monterey (cont.)

#### Snap Fitness

399 Lighthouse Ave.

(831) 373-3990

Amenities: E, SC

### Prunedale

#### Curves

17819 Countryside Ct.

(831) 663-0107

Amenities: E

## Salinas

#### Curves - West

1469 N. Davis Rd., Ste. B

(831) 757-4487

Amenities: E

#### In-Shape Sport

1038 N. Davis Rd.

(831) 755-0555

Amenities: E, SC

#### Snap Fitness

1128 S. Main St., Unit A

(831) 783-0330

Amenities: E

## Soledad

#### The Circuit Family Fitness

115 Alder St.

(831) 678-3990

Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment

**S** Steam/Sauna

**P** Pool

**W** Whirlpool

**SC** SilverSneakers Classes

\* Seasonal Pool

# SilverSneakers Locations (cont.)



## Napa

### American Canyon

#### In-Shape City

120 W. American Canyon Rd., Ste. M-1  
(707) 644-4110  
Amenities: E, SC

## Nevada

### Grass Valley

#### Generations Health Club

22824 Industrial Pl.  
(530) 268-2860  
Amenities: E, SC

#### South Yuba Club

722 Freeman Ln., #B  
(530) 272-7676  
Amenities: E, SC

### Nevada City

#### South Yuba Strength & Wellness Club

555 Searls Ave.  
(530) 470-9100  
Amenities: E, S, P, W, SC

## Orange

### Aliso Viejo

#### 24 Hour Fitness - Aliso Viejo Active

21714 Aliso Creek Rd.  
(949) 831-4900  
Amenities: E

## Anaheim

#### 24 Hour Fitness - Anaheim Garden Walk Active

321 W. Katella Ave., Ste. 94  
(714) 491-2500  
Amenities: E

#### 24 Hour Fitness - Anaheim Gateway Sport

1430 N. Lemon St.  
(714) 525-9924  
Amenities: E, S, P, W

#### Curves

6370 E. Santa Ana Canyon Rd.  
(714) 998-9900  
Amenities: E

#### Curves - North Central

165 W. Broadway  
(714) 535-9800  
Amenities: E

## Anaheim Hills

#### 24 Hour Fitness - Anaheim Hills Sport

300 S. Festival Dr.  
(714) 637-4262  
Amenities: E, S, P\*, W, SC

#### LA Fitness

5757 Santa Ana Canyon Rd.  
(714) 282-3931  
Amenities: E

## Brea

#### 24 Hour Fitness - Brea Sport

965 E. Birch St.  
(714) 256-2500  
Amenities: E, S, P, W

## Brea (cont.)

#### Brea Community Center

695 Madison Way  
(714) 990-7100  
Amenities: E, SC

#### Synergy

2767 E. Imperial Hwy.  
(714) 578-8770  
Amenities: SC

## Buena Park

#### 24 Hour Fitness - Buena Park Sport

8430 On the Mall  
(714) 236-1800  
Amenities: E, S, P, W, SC

#### Fitness 19

7886 Valley View St.  
(714) 521-1919  
Amenities: E, SC

## Corona Del Mar

#### Curves - East

2711 E. Coast Hwy., Ste. 205  
(949) 673-2878  
Amenities: E

## Costa Mesa

#### 24 Hour Fitness - Costa Mesa Active

1600 Adams Ave.  
(714) 557-4401  
Amenities: E, SC

#### 24 Hour Fitness - Costa Mesa Harbor Super Sport

1870 Harbor Blvd.  
(949) 610-0651  
Amenities: E, S, P, W, SC

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Costa Mesa (cont.)

**24 Hour Fitness - Costa Mesa Sport**  
555 W. 19th St.  
(949) 650-3600  
Amenities: E, S, P, W, SC

**24 Hour Fitness - South Coast Metro Super Sport**  
589 Anton Blvd.  
(714) 751-2724  
Amenities: E, S, P, W, SC

**Body Wise Fitness**  
640 Terminal Way  
(949) 645-6110  
Amenities: E, SC

## Cypress

**Anytime Fitness**  
6911 Katella Ave.  
(714) 226-0064  
Amenities: E

**CHUZE Fitness**  
9851 Walker St.  
(714) 820-5859  
Amenities: E, SC

## Fountain Valley

**24 Hour Fitness - Fountain Valley Active**  
18305 Brookhurst St.  
(714) 593-5690  
Amenities: E, SC

**Curves - South**  
17912-1/2 Magnolia St.  
(714) 964-1225  
Amenities: E

## Fountain Valley (cont.)

**LA Fitness**  
10115 Talbert Ave.  
(714) 962-1374  
Amenities: E

## Fullerton

**Curves - East**  
3222 Yorba Linda Blvd.  
(714) 738-5800  
Amenities: E

**Gold's Gym**  
1973 W. Malvern Ave.  
(714) 773-1990  
Amenities: E, S, P, W, SC

**Meridian Sports Club**  
1535 Deerpark Dr.  
(714) 961-0400  
Amenities: E, S, P, W, SC

**North Orange County YMCA**  
2000 Youth Way  
(714) 879-9622  
Amenities: E, P, SC

## Garden Grove

**24 Hour Fitness - Garden Grove Sport**  
9561 Chapman Ave.  
(714) 537-3000  
Amenities: E, S, P, W, SC

**CHUZE Fitness**  
12145 Brookhurst St.  
(714) 741-0601  
Amenities: E, SC

## Garden Grove (cont.)

**Curves - Southwest**  
11899 Valley View St.  
(714) 893-7884  
Amenities: E

**Garden Grove Sports & Recreation Center**  
13641 Deodara Dr.  
(714) 889-5783  
Amenities: SC

**LA Fitness**  
11932 Valley View St.  
(714) 379-9744  
Amenities: E

**Nifty after Fifty**  
11021 Brookhurst St.  
(714) 399-1111  
Amenities: E  
Call before first visit.

**Nifty after Fifty**  
12572 Valley View  
(714) 823-4400  
Amenities: E  
Call before first visit.

## Huntington Beach

**24 Hour Fitness - Huntington Beach Active**  
5858 Warner Ave.  
(714) 840-3888  
Amenities: E

**24 Hour Fitness - Huntington Beach Pier Active**  
303 3rd St.  
(714) 374-3700  
Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Huntington Beach (cont.)

### 24 Hour Fitness - Huntington Beach Sport

7887 Center Ave.  
(714) 373-8969  
Amenities: E, S, P, W, SC

### Crunch Fitness

5894 Edinger Ave.  
(714) 316-0110  
Amenities: E

### Curves - South

9120 Adams Ave.  
(714) 593-8690  
Amenities: E

### Curves - Northwest

16161 Springdale St., Ste. 105  
(714) 377-0122  
Amenities: E

### Fitness 19

19107-19115 Beach Blvd.  
(714) 847-1919  
Amenities: E

### Fitness Solutions

16561 Bolsa Chica St., #106  
(714) 377-4313  
Amenities: E

### Huntington Beach Family YMCA

8875 Adams Ave.  
(714) 378-4784  
Amenities: E, SC

### Huntington Harbour Athletic Club

16861 Algonquin St.  
(714) 840-0460  
Amenities: E, SC

## Huntington Beach (cont.)

### LA Fitness

17091 Beach Blvd.  
(714) 848-1919  
Amenities: E

## Irvine

### 24 Hour Fitness - Irvine Center Drive Super Sport

8697 Irvine Center Dr.  
(949) 585-0060  
Amenities: E, S, P, W, SC

### 24 Hour Fitness - Irvine Culver Drive Active

15315 Culver Dr., Ste. 165  
(949) 262-0600  
Amenities: E, W

### 24 Hour Fitness - Irvine Marketplace Super Sport

13752 Jamboree Rd.  
(714) 665-1233  
Amenities: E, S, P\*, W, SC

### 24 Hour Fitness - Irvine Spectrum Sport

31 Fortune Dr., Ste. 100  
(949) 885-1921  
Amenities: E, W

### 24 Hour Fitness - UC Irvine Active

4255 Campus Dr., Ste. A-150  
(949) 725-9100  
Amenities: E

### Curves Jenny Craig

14415 Culver Dr.  
949-857-8171  
Amenities: E

## Irvine (cont.)

### Custom Bodies Fitness

4880 Irvine Blvd., Ste. 102  
(714) 544-4010  
Amenities: E, SC

### LA Fitness

6400 Irvine Blvd.  
(949) 502-2043  
Amenities: E

### LA Fitness

2880 Michelle Dr.  
(714) 505-8958  
Amenities: E

### LA Fitness

3021 Michelson Dr.  
(949) 988-5372  
Amenities: E

### LA Fitness

3960 Barranca Pkwy.  
(949) 502-2777  
Amenities: E

## La Habra

### LA Fitness

1621 W. Imperial Hwy.  
(562) 697-8899  
Amenities: E

## Ladera Ranch

### 24 Hour Fitness - Ladera Ranch Sport

200 Corporate Dr.  
(949) 365-5000  
Amenities: E, S, P\*, W, SC

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Laguna Hills

**24 Hour Fitness - Laguna Hills Active**  
25252 McIntyre St.  
(949) 586-6600  
Amenities: E

### Curves

25248 Cabot Rd.  
(949) 420-0240  
Amenities: E

## Laguna Niguel

**24 Hour Fitness - Laguna Niguel Agassi Super Sport**  
27921 La Paz Rd.  
(949) 614-1024  
Amenities: E, S, P\*, W

**24 Hour Fitness - Ocean Ranch Sport**  
32451 Golden Lantern  
(949) 443-2440  
Amenities: E, S, P\*, W, SC

### Curves - South

27781-A La Paz Rd.  
(949) 362-8587  
Amenities: E

### South Coast YMCA

29831 Crown Valley Pkwy.  
(949) 495-9622  
Amenities: E, P, W, SC

## Laguna Woods

### Nifty after Fifty

24258 El Toro Rd.  
(949) 900-0500  
Amenities: E  
Call before first visit.

## Lake Forest

**24 Hour Fitness - Foothill Ranch Sport**  
26781 Rancho Pkwy.  
(949) 830-4213  
Amenities: E, S, P, W, SC

### Crunch Fitness

23633 El Toro Rd.  
(949) 460-7700  
Amenities: E

### Curves

21771 Lake Forest, Ste. 107  
(949) 454-4196  
Amenities: E

### LA Fitness

29400 Portola Pkwy.  
(949) 597-2077  
Amenities: E

## Los Alamitos

**24 Hour Fitness - Cypress Sport**  
4951 Katella Ave.  
(714) 826-7172  
Amenities: E, S, P, W, SC

## Mission Viejo

**24 Hour Fitness - Mission Viejo Active**  
23166 Los Alisos Blvd., Ste. 140  
(949) 855-6800  
Amenities: E

### Fitness 19

27742 Vista Del Lago, Ste. J  
(949) 595-0800  
Amenities: E

## Mission Viejo (cont.)

### LA Fitness

24491 Alicia Pkwy.  
(949) 421-6082  
Amenities: E

### LA Fitness

27741 Crown Valley Pkwy., Ste. 101  
(949) 203-8805  
Amenities: E

### Montanoso Recreation and Fitness Center

25800 Montanoso Dr.  
(949) 859-4348  
Amenities: E, P, W

### Saddleback Valley YMCA

27341 Trabuco Cir.  
(949) 859-9622  
Amenities: E, S, P, W, SC

### Sierra Recreation Center

26887 Recodo Ln.  
(949) 859-4348  
Amenities: E, P, W

## Newport Beach

### 24 Hour Fitness - Newport Beach Sport

600 Newport Center Dr.  
(949) 640-5300  
Amenities: E, SC

### Central Orange Coast YMCA

2300 University Dr.  
(949) 642-9990  
Amenities: E, P, SC

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool



# SilverSneakers Locations (cont.)



## Orange

**24 Hour Fitness - Orange Active**  
3521 E. Chapman Ave.  
(714) 639-9300  
Amenities: E, SC

**24 Hour Fitness - Orange Sport**  
3600 W. Orangewood Ave.  
(714) 385-0024  
Amenities: E, S, P, W, SC

**24 Hour Fitness - Orange Super Sport**  
2102 N. Tustin St.  
(714) 923-0284  
Amenities: E, S, P, W, SC

**Anytime Fitness**  
2688 N. Santiago Blvd.  
(714) 998-4348  
Amenities: E  
Call before first visit.

**Core Works Fitness**  
1687 E. Lincoln Ave.  
(714) 998-8370  
Amenities: SC

**Curves - Orange Park Acres**  
7626 E. Chapman Ave.  
(714) 771-7377  
Amenities: E

**Curves - North**  
1840 N. Tustin Ave.  
(714) 998-3383  
Amenities: E

**Fitness 19**  
1845 E. Chapman Ave.  
(714) 532-1919  
Amenities: E

## Orange (cont.)

**LA Fitness - Block @ Orange**  
3901 W. Metropolitan Dr.  
(714) 769-8000  
Amenities: E

**Snap Fitness**  
303 E. Katella Ave.  
(714) 633-7627  
Amenities: E

**Snap Fitness**  
8412 E. Chapman Ave.  
(714) 769-7627  
Amenities: E

## Placentia

**Crunch**  
1882 N. Placentia  
(714) 996-8000  
Amenities: E

## Rancho Santa Margarita

**24 Hour Fitness - Rancho Santa Margarita Active**  
22331 El Paseo  
(949) 589-8500  
Amenities: E

**Curves**  
29821 Aventura Ave., Ste. B  
(949) 888-3540  
Amenities: E

## San Clemente

**24 Hour Fitness - San Clemente La Pata Super Sport**  
110 Avenida La Pata  
(949) 245-0265  
Amenities: E, S, P, W, SC

## San Clemente (cont.)

**Curves**  
101 Via Pico Plaza  
(949) 366-3680  
Amenities: E

**Fitness 19**  
93A Via Pico Plaza  
(949) 369-1999  
Amenities: E, SC

## San Juan Capistrano

**24 Hour Fitness - San Juan Capistrano Active**  
27131 Calle Arroyo, Ste. 1701  
(949) 489-9900  
Amenities: E, SC

**Anytime Fitness**  
31107 Rancho Viejo Rd., Ste. 5  
(949) 481-2220  
Amenities: E  
Call before first visit.

## Santa Ana

**Gold's Gym**  
1945 E. 17th St., Ste. 103  
(714) 558-9700  
Amenities: E, S, P, W, SC

**LA Fitness**  
1501 North Tustin Ave.  
(714) 544-0110  
Amenities: E

**LA Fitness**  
3701 S. Plaza Dr.  
(714) 557-3550  
Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Seal Beach

**Anytime Fitness**  
2920 Westminster Blvd.  
(562) 598-2100  
Amenities: E, SC

## Trabuco Canyon

**Gold's Gym Rancho Santa Margarita**  
31941 Dove Canyon Dr.  
(949) 888-2722  
Amenities: E, S, W, SC

## Tustin

**Crunch Fitness**  
502-B East 1st St.  
(714) 734-2350  
Amenities: E

**Curves Jenny Craig**  
13771 Newport Ave.  
714-838-6137  
Amenities: E

**Ideal Spine and Rehab**  
17251 17th St. Ste. A-B  
(714) 832-2273  
Amenities: E

## Westminster

**24 Hour Fitness - Westminster**  
**Goldenwest Active**  
6731 Westminster Blvd., Ste. 113  
(714) 230-1722  
Amenities: E, W, SC

**Anytime Fitness**  
524 Westminster Mall  
(714) 892-2002  
Amenities: E

## Westminster (cont.)

**CHUZE Fitness**  
1025 Westminster Mall  
(714) 892-9100  
Amenities: E, SC

## Yorba Linda

**24 Hour Fitness - Yorba Linda Active**  
18200 Yorba Linda Blvd.  
(714) 524-0500  
Amenities: E

**24 Hour Fitness - Yorba Linda**  
**Super Sport**  
4848 Valley View Ave.  
(888) 243-5002  
Amenities: E, S, P, W, SC

**Fanatics Athletic Club**  
22222 La Palma Ave.  
(714) 692-1007  
Amenities: E, SC

**LA Fitness**  
16951 Imperial Hwy.  
(714) 854-7936  
Amenities: E

## Placer

### Auburn

**Anytime Fitness**  
12130 New Airport Rd.  
(530) 887-1265  
Amenities: E  
Call before first visit.

**Curves**  
1472 Grass Valley Hwy.  
(530) 887-9300  
Amenities: E

## Granite Bay

**Anytime Fitness**  
9711 Village Center Dr., Ste. 125  
(916) 786-3999  
Amenities: E  
Call before first visit.

## Loomis

**Curves**  
3555 Taylor Rd., Ste. A  
(916) 660-9735  
Amenities: E

## Meadow Vista

**Curves**  
16950 Placer Hills Rd.  
(530) 878-3968  
Amenities: E

## Penryn

**Anytime Fitness**  
3105 Penryn Rd., Ste. 130  
(916) 660-0700  
Amenities: E  
Call before first visit.

## Rocklin

**Crunch Fitness**  
6680 Lonetree Blvd.  
(916) 259-1599  
Amenities: E

**Curves - West**  
2340 Sunset Blvd., Ste. 150  
(916) 780-0400  
Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Rocklin (cont.)

**Fitness 19**  
6823 Lonetree Blvd., #101  
(916) 780-1919  
Amenities: E

## Roseville

**24 Hour Fitness - Roseville Sport**  
336 N. Sunrise Ave.  
(916) 772-2400  
Amenities: E, S, P, W, SC

**Anytime Fitness**  
1850 Douglas Blvd., Ste. 204  
(916) 789-0110  
Amenities: E  
Call before first visit.

**Curves - Northwest**  
910 Pleasant Grove Blvd., Ste. 130  
(916) 771-9800  
Amenities: E

**Curves - Southwest**  
1801 Cirby Way, Ste. 6  
(916) 783-2601  
Amenities: E

## Riverside

### Banning

**Curves**  
300 S. Highland Springs, Ste. 10A  
(951) 769-8887  
Amenities: E

## Beaumont

**Anytime Fitness**  
1620 E. 2nd St.  
(951) 845-3677  
Amenities: E  
Call before first visit.

**Xtreme Fitness & Racquetball**  
1222 E. 6th St.  
(951) 769-1636  
Amenities: E, SC

## Blythe

**SAS Fitness**  
507 E. Hobsonway  
(760) 921-8911  
Amenities: E

## Calimesa

**Curves**  
1007 Calimesa Blvd., Ste. B-2  
(909) 446-8316  
Amenities: E

## Cathedral City

**Fitness 1440**  
68100 Ramon Rd., Ste. B14  
(760) 895-1440  
Amenities: E

## Corona

**24 Hour Fitness - Corona Sport**  
275 Teller St., Ste. 100  
(951) 734-0121  
Amenities: E, S, P, W, SC

## Corona (cont.)

**Curves - East**  
1411 Rimpau Ave., Ste. 113  
(951) 898-1550  
Amenities: E

**Fitness 19**  
1190 W. 6th St.  
(951) 808-9919  
Amenities: E

## Desert Hot Springs

**Five Star Fitness**  
64949 Mission Lakes Blvd., Ste. 110  
(760) 228-9100  
Amenities: E

**World Gym**  
12155 Palm Dr.  
(760) 329-8504  
Amenities: E, SC

## Eastvale

**24 Hour Fitness - Eastvale Super Sport**  
12354 Limonite Ave.  
(951) 360-1696  
Amenities: E, S, P, W, SC

## Hemet

**Crunch Fitness**  
1287 S. State St.  
(951) 327-0202  
Amenities: E

**Curves**  
2581 W. Florida Ave.  
(951) 929-6440  
Amenities: E

(cont.)

Locations are updated regularly and subject to change; visit [silversneakers.com](http://silversneakers.com) for the latest updates.

### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Hemet (cont.)

**Fitness 19**  
1986 W. Florida Ave.  
(951) 791-1919  
Amenities: E, SC

**Hands of Mercy Day Spas**  
463 W. Esplanade Ave.  
(951) 654-6655  
Amenities: E

**LA Fitness**  
220 N. Sanderson Ave.  
(951) 663-4786  
Amenities: E

## Idyllwild

**Curves**  
54245 N. Circle Dr., Ste. C6  
(951) 659-3031  
Amenities: E

## Indio

**24 Hour Fitness - Indio Jackson St Sport**  
42900 Jackson St.  
(760) 262-8771  
Amenities: E, S, P, W, SC

**Curves - Bermuda Dunes**  
80150 Hwy. 111, Ste. C1  
(760) 501-0300  
Amenities: E

**World Gym**  
83240 Hwy. 111  
(760) 775-7756  
Amenities: E, SC

## La Quinta

**World Gym**  
46760 Commerce Ct.  
(760) 564-9822  
Amenities: E, S, SC

## Lake Elsinore

**Curves - West**  
31733 Riverside Dr., #B  
(951) 674-5800  
Amenities: E

**LA Fitness**  
18550 Dexter Ave.  
(951) 579-4183  
Amenities: E

**Wilcyns' Fitness**  
19980 Grand Ave.  
(951) 678-0190  
Amenities: E, SC

## Menifee

**Fitness 19**  
26100 Newport Rd., Ste. A-40  
(951) 400-5565  
Amenities: E, SC

**Menifee Fitness 24/7**  
29700 Bradley Rd.  
(951) 246-3530  
Amenities: E, S, P, SC

## Mira Loma

**Fitness 19**  
6429 Pats Ranch Rd.  
(951) 582-9919  
Amenities: E

## Moreno Valley

**24 Hour Fitness - Moreno Valley Active**  
23750 Alessandro Blvd., Ste. H100  
(951) 653-7100  
Amenities: E, SC

**Crunch Fitness**  
22500 Town Cir., Ste. 1090  
(951) 616-1002  
Amenities: E

**Fitness 19**  
14075 Frederick St.  
(951) 653-8454  
Amenities: E

**Fitness 19 - Moreno Valley II**  
16080 Perris Blvd.  
(951) 601-1990  
Amenities: E

**Fitness 19 - Moreno Valley III**  
12220 Perris Blvd.  
(951) 601-1919  
Amenities: E

**LA Fitness**  
27610 Eucalyptus Ave.  
(951) 571-8039  
Amenities: E

## Murrieta

**24 Hour Fitness - Murrieta Active**  
40396 Murrieta Hot Spring Rd.  
(951) 304-2053  
Amenities: E, SC

**Center for Medical Weight Loss & Fitness Center**  
40663 Murrieta Hot Springs Rd., Ste.C1  
(951) 200-6791  
Amenities: E

(cont.)

Locations are updated regularly and subject to change; visit [silversneakers.com](http://silversneakers.com) for the latest updates.

### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Murrieta (cont.)

### Fitness 19

39022 Sky Canyon Dr., Ste. 101  
(951) 698-3333

Amenities: E

### LA Fitness

40985 California Oaks Rd.  
(951) 600-9998

Amenities: E

### NC 3 Sport Club

25389 Madison Ave., Ste. 101  
(951) 461-9106

Amenities: E, S, SC

### Youfit

39681 Avenida Acacias  
(888) 968-3481

Amenities: E, SC

## Norco

### Curves

2200 Hamner Ave., Ste. 108  
(951) 340-9050

Amenities: E

### LA Fitness

1377 Hamner Ave.  
(951) 280-4477

Amenities: E

## Palm Desert

### C-Fitness: Ladies WorkOut

72270 Hwy. 111, Ste. B2  
(760) 636-4177

Amenities: E

## Palm Desert (cont.)

### Family YMCA of the Desert / Palm Desert Aquatics Center

73751 Magnesia Falls Dr.  
(760) 565-7467

Amenities: P, SC

### Power of Fitness

72-750 Dinah Shore Dr., Ste. 103  
(760) 770-9393

Amenities: E, SC

### World Gym

72840 Hwy. 111  
(760) 773-5711

Amenities: E, S, SC

## Palm Springs

### Palm Springs Fitness Center

170 S. Sunrise Way  
(760) 327-7979

Amenities: E

### The Basic Gym

1584 S. Palm Canyon Dr.  
(760) 320-1009

Amenities: E

### World Gym

1751 N. Sunrise Way, Ste. E  
(760) 327-7100

Amenities: E, S, SC

## Riverside

### Anytime Fitness

3191 Mission Inn Ave.  
(951) 643-3992

Amenities: E

Call before first visit.

## Riverside (cont.)

### Anytime Fitness

4270 Riverwalk Pkwy., Ste. 114  
(951) 977-9607

Amenities: E

Call before first visit.

### Canyon Crest Athletic Club

5225 Canyon Crest Dr., #18  
(951) 683-1847

Amenities: E, S, P, W, SC

### Crunch Fitness - North Riverside

7960 Limonite Ave.  
(951) 934-7007

Amenities: E

### Crunch Fitness

10125 Hole Ave.  
(951) 389-1001

Amenities: E

### Curves - North

3537 Main St.  
(951) 276-7100

Amenities: E

### Curves - Central

7001 Indiana Ave., Ste. 10  
(951) 222-0242

Amenities: E

### Curves

3816 La Sierra Ave.  
(951) 343-2878

Amenities: E

### Curves - Orangecrest

19348 Van Buren Blvd., Ste. 113  
(951) 789-8417

Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Riverside (cont.)

**Fitness 19**  
3480 La Sierra Ave., Ste. B  
(951) 785-1919  
Amenities: E

**KO Fitness Center**  
10198 Indiana Ave.  
(951) 343-9007  
Amenities: E, SC

**LA Fitness - Moreno Valley**  
2600 Canyon Springs Pkwy.  
(951) 653-3240  
Amenities: E

**LA Fitness**  
3437 Arlington Ave.  
(951) 231-2088  
Amenities: E

**LA Fitness - Alesandro**  
19531 Mission Village Dr.  
(951) 780-4838  
Amenities: E

**LA Fitness**  
3490 Madison St.  
(951) 687-2991  
Amenities: E, SC

**Tournament House Sports & Fitness Center**  
6250 Brockton Ave.  
(951) 682-7511  
Amenities: E, S, W

## Romoland

**Curves**  
28480 U.S. Hwy. 74, Ste. D  
(951) 928-6300  
Amenities: E

## San Jacinto

**Powerhouse Gym of San Jacinto**  
1635 S. San Jacinto Ave.  
(951) 487-0725  
Amenities: E, S, P, W, SC

## South Corona

**LA Fitness**  
2355 Compton Ave.  
(951) 898-1178  
Amenities: E

## Sun City

**Curves**  
26888 Cherry Hills Blvd.  
(951) 672-9994  
Amenities: E

## Temecula

**24 Hour Fitness - Temecula Sport**  
27520 Ynez Rd.  
(951) 694-8394  
Amenities: E, S, P, W

**Anytime Fitness**  
30520 Rancho California Rd.  
(951) 695-2111  
Amenities: E

**Curves - North**  
30680 Rancho California Rd., #404  
(951) 506-4445  
Amenities: E

**Fitness 19**  
32655 Temecula Pkwy., Ste. 100  
(951) 302-4747  
Amenities: E, SC

## Temecula (cont.)

**LA Fitness**  
39716 Winchester Rd.  
(951) 296-1131  
Amenities: E

**Power Pros Fitness**  
32832 Wolf Store Rd.  
(951) 302-5995  
Amenities: E

**Workout Anytime**  
31789 Temecula Pkwy., #3  
(951) 302-5292  
Amenities: E

## Wildomar

**Fitness 19**  
23877 Clinton Keith Rd., Ste. J  
(951) 461-2219  
Amenities: E, SC

## Winchester

**Crunch Temecula Valley**  
36580 Penfield Ln.  
(951) 926-8886  
Amenities: E

## Sacramento

### Antelope

**24 Hour Fitness - Antelope Sport**  
7905 Walerga Rd.  
(916) 723-2432  
Amenities: E, S, P, W

**Curves**  
4320 Elverta Rd., Ste. 4  
(916) 722-1400  
Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Carmichael

**24 Hour Fitness - Carmichael Active**  
5114 Arden Way  
(916) 484-2024  
Amenities: E, SC

**Curves**  
4005 Manzanita Ave., Ste. 49  
(916) 973-9900  
Amenities: E

**Fitness Evolution**  
6001 Fair Oaks Blvd.  
(916) 485-0714  
Amenities: E, S, P

## Citrus Heights

**24 Hour Fitness - Citrus Heights Sport**  
6633 Auburn Blvd.  
(916) 722-7588  
Amenities: E, S, P, W

**Curves**  
5489-G Sunrise Blvd.  
(916) 729-2878  
Amenities: E

**Fitness 19**  
7845 Lichen Dr.  
(916) 727-1919  
Amenities: E

## Elk Grove

**24 Hour Fitness - Elk Grove Calvin Active**  
8461 Elk Grove Florin Rd.  
(916) 681-2424  
Amenities: E

## Elk Grove (cont.)

**Crunch Fitness**  
9661 E. Stockton Blvd.  
(916) 236-3474  
Amenities: E

**Curves - Cosumnes River**  
9059 Bruceville Rd., Ste. 170  
(916) 688-3600  
Amenities: E

**Curves - East**  
8698 Elk Grove Blvd., Ste. 5  
(916) 686-0699  
Amenities: E

## Fair Oaks

**Anytime Fitness**  
4868 San Juan Ave.  
(916) 965-6060  
Amenities: E  
Call before first visit.

**Fitness 19**  
4345 Sunrise Blvd.  
(916) 962-1900  
Amenities: E

**Fitness Evolution**  
8121 Madison Ave., Ste. D-1  
(916) 967-3481  
Amenities: E

## Folsom

**24 Hour Fitness - Folsom Super Sport**  
1006 Riley St.  
(916) 984-1924  
Amenities: E, S, P, W

## Folsom (cont.)

**Anytime Fitness**  
1007 East Bidwell St.  
(916) 337-9900  
Amenities: E

**Curves - Central**  
1008 E. Bidwell St., Ste. 200  
(916) 984-5878  
Amenities: E

**Curves**  
9500-6 Greenback Ln.  
(916) 987-7860  
Amenities: E

**Fitness 19**  
9580 Oak Ave. Pkwy., #12BC  
(916) 989-0190  
Amenities: E

## Galt

**Anytime Fitness**  
10530 Twin Cities Rd.  
(209) 744-9400  
Amenities: E  
Call before first visit.

## Gold River

**24 Hour Fitness - Sunrise Sport**  
2280 Sunrise Blvd.  
(916) 859-3400  
Amenities: E, S, P, W

## Rancho Cordova

**Anytime Fitness**  
3161-3225 Zinfandel Dr.  
(916) 706-0090  
Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Rancho Cordova (cont.)

### Curves

11015 Olson Dr., Ste. 8

(916) 635-8807

Amenities: E

## Sacramento

### 24 Hour Fitness - Florin Sport

6061 Florin Rd.

(916) 384-9555

Amenities: E, SC

### 24 Hour Fitness - Fulton and Hurley Sport

1314 Fulton Ave.

(916) 925-7055

Amenities: E, S, P, W

### 24 Hour Fitness - Laguna Sport

8785 Center Pkwy.

(916) 688-8733

Amenities: E, S, P, W

### 24 Hour Fitness - Rancho Cordova Active

9574 Micron Ave.

(916) 363-4382

Amenities: E, S, P, W

### 24 Hour Fitness - Riverlake Active

7600 Greenhaven Dr., Ste. 15

(916) 399-8181

Amenities: E, W

### 24 Hour Fitness - Sacramento Downtown Super Sport

1020 7th St.

(916) 658-1626

Amenities: E, S, P

## Sacramento (cont.)

### Anytime Fitness

4421 Gateway Park Blvd.

(916) 575-9999

Amenities: E

Call before first visit.

### Anytime Fitness

6350 Folsom Blvd., Ste. 160

(916) 452-5555

Amenities: E

Call before first visit.

### Anytime Fitness

455 Watt Ave.

(916) 481-7555

Amenities: E

### Crunch Fitness

1250 Howe Ave.

(916) 333-3209

Amenities: E

### Curves - Arena

4331 Truxel Rd., Ste. G-2

(916) 419-9000

Amenities: E

### Curves - Central

5283 Folsom Blvd.

(916) 453-1500

Amenities: E

### Curves - City College

3020 Freeport Blvd.

(916) 325-0099

Amenities: E

### Curves - North Central

650 Fulton Ave.

(916) 922-3800

Amenities: E

## Sacramento (cont.)

### Curves - Pocket

7485 Rush River Dr., Ste. 630

(916) 421-0790

Amenities: E

### Fitness 19

2020 Club Center Dr., #100

(916) 928-7999

Amenities: E

### Fitness 19 - Sacramento II

3437 Watt Ave. & Whitney Ave., Unit 21

(916) 971-1919

Amenities: E

## San Bernardino

### Apple Valley

### 24 Hour Fitness - Apple Valley Super Sport

18825 Bear Valley Rd.

(760) 810-4067

Amenities: E, S, P, W, SC

### Anytime Fitness

13692 Apple Valley Rd., Ste. 130

(760) 240-9933

Amenities: E

Call before first visit.

### Apple Valley Express Fitness

15850 Apple Valley Rd., Ste. 122

(760) 242-6400

Amenities: E

## Barstow

### Anytime Fitness

1251 E. Main St., Ste. 4

(760) 256-8141

Amenities: E

Call before first visit.

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool



# SilverSneakers Locations (cont.)



## Barstow (cont.)

Fitness M.D.  
320 E. Main St.  
(760) 255-3639  
Amenities: E, SC

## Big Bear City

Big Bear Total Fitness  
601 Valley Blvd., Ste. D and E  
(909) 585-6546  
Amenities: E, S, SC

## Cedar Glen

Bullworx Fitness  
29001 Oak Ter.  
(909) 744-9105  
Amenities: E

## Chino

24 Hour Fitness Chino Super Sport  
12155 Central Ave.  
(888) 243-5002  
Amenities: E, S, P, W, SC

## Chino Valley YMCA

5665 Edison Ave.  
(909) 597-7445  
Amenities: E, P, SC

## Crunch

5420 E. Philadelphia St.  
(909) 287-3808  
Amenities: E

## Chino (cont.)

Curves  
5370 Schaeffer, Ste. I  
(909) 364-8229  
Amenities: E

Fitness 19  
12873A Mountain Ave.  
(909) 435-0102  
Amenities: E

LA Fitness  
14485 Pipeline Ave.  
(909) 393-3101  
Amenities: E

## Chino Hills

24 Hour Fitness - Chino Hills Sport  
4200 Chino Hills Pkwy., Ste. 780  
(909) 393-0724  
Amenities: E, S, P, W

Curves - South  
14676 Pipeline Ave., Ste. M  
(909) 606-1590  
Amenities: E

## Colton

Curves  
1270 E. Washington St., Ste. A-24  
(909) 370-3223  
Amenities: E

## Fontana

24 Hour Fitness - Fontana Sport  
15310 Summit Ave.  
(909) 463-9520  
Amenities: E, S, P, W, SC

## Fontana (cont.)

24 Hour Fitness - Fontana  
Super Sport  
17204 Slover Ave.  
(909) 357-8000  
Amenities: E, S, P, W, SC

Curves - East  
17250 Foothill Blvd., Ste. H  
(909) 574-0121  
Amenities: E

Fitness 19  
7426 Cherry Ave., #160  
(909) 350-9919  
Amenities: E

LA Fitness  
16289 Sierra Lakes Pkwy.  
(909) 743-5922  
Amenities: E

## Helendale

Curves  
26734 Jordan Rd., Ste. B-1  
(760) 955-8900  
Amenities: E

## Hesperia

Fitness 19  
15555 Main St.  
(760) 991-3319  
Amenities: E

Max Fitness Express  
16455 Main St., Ste. 12  
(760) 956-7575  
Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Highland

### Fitness 19

7354 Stoney Creek Dr., Ste. 1

(909) 425-1919

Amenities: E, SC

### Highland Family YMCA

7793 Central Ave.

(909) 425-9622

Amenities: E, P, SC

### LA Fitness

28015 Greenspot Rd.

(909) 742-5131

Amenities: E

## Lake Arrowhead

### Curves

402 S. Grass Valley Rd.

(909) 336-0111

Amenities: E

## Montclair

### 24 Hour Fitness - Montclair Active

9790 Central Ave., Ste. 10

(909) 621-5424

Amenities: E, SC

### Curves - West

5640 Moreno St., Ste. C

(909) 920-9632

Amenities: E

### Gold's Gym

5150 Moreno St.

(909) 527-2136

Amenities: E, SC

## Montclair (cont.)

### LA Fitness

9385 Monte Vista

(909) 625-2411

Amenities: E

## Oak Hills

### Anytime Fitness

13312 Rancho Rd.

(760) 981-4085

Amenities: E

Call before first visit.

## Ontario

### 24 Hour Fitness - Ontario

#### Super Sport

2580 S. Archibald Ave.

(909) 218-3885

Amenities: E, S, P, W

## Phelan

### Galaxy Fitness

4371 Phelan Rd.

(760) 868-6398

Amenities: E, SC

## Rancho Cucamonga

### 24 Hour Fitness - Rancho

#### Cucamonga Sport

11787 Foothill Blvd.

(909) 944-1000

Amenities: E, S, P, W

### Anytime Fitness

7890 Haven Ave., Ste. 22

(909) 484-6880

Amenities: E

Call before first visit.

## Rancho Cucamonga (cont.)

### Cardio Fit Sports Club

9950 Foothill Blvd., Unit O

(909) 980-1777

Amenities: E, SC

### Curves - East Central

11460 Kenyon Way, Unit 106

(909) 941-3739

Amenities: E

### Curves - West

8029 Archibald Ave.

(909) 948-5953

Amenities: E

### Fitness 19

7221 Haven Ave.

(909) 481-1919

Amenities: E, SC

### Fitness 19 - Rancho Cucamonga II

7945 Vineyard Ave.

(909) 484-1919

Amenities: E

### LA Fitness

10848 Foothill Blvd.

(909) 948-7583

Amenities: E, SC

## Redlands

### 24 Hour Fitness - Redlands Active

700 E. Redlands Blvd.

(909) 798-7777

Amenities: E

### Anytime Fitness

500 Orange St.

(909) 798-5000

Amenities: E

Call before first visit.

(cont.)

Locations are updated regularly and subject to change; visit [silversneakers.com](http://silversneakers.com) for the latest updates.

### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Redlands (cont.)

### Curves

1457 Ford St., Ste. 103  
909-793-3711  
Amenities: E

### LA Fitness

1035 Parkford Dr.  
(909) 798-2880  
Amenities: E

### Redlands Family YMCA

500 E. Citrus Ave.  
(909) 798-9622  
Amenities: E, S, P, SC

## Rialto

### Anytime Fitness

1154 N. Riverside Ave.  
(909) 874-1600  
Amenities: E  
Call before first visit.

### Fitness 19

2019 N. Riverside Ave., Ste. 7  
(909) 421-1919  
Amenities: E

### Rialto Racquet & Fitness Center

**Tom Sawyer Pool**  
1243 S. Riverside Ave.  
(909) 820-2611  
Amenities: E, S, P, W, SC

## San Bernardino

### 24 Hour Fitness - San Bernardino Active

295 E. Caroline St.  
(909) 370-1111  
Amenities: E, SC

## San Bernardino (cont.)

### LA Fitness

784 E. Hospitality Ln.  
(909) 381-6800  
Amenities: E

### San Bernardino Family YMCA

808 E. 21st St.  
(909) 881-9622  
Amenities: E, P, SC

## Twentynine Palms

### 29 Palms Family Fitness

73782 Two Mile Rd.  
(760) 361-8010  
Amenities: E

### Curves

73487 - 29 Palms Hwy.  
(760) 361-3065  
Amenities: E

## Upland

### 24 Hour Fitness - Upland Sport

685 W. Foothill Blvd.  
(909) 949-2422  
Amenities: E, S, P, W, SC

### Crunch Fitness

380 S. Mountain Ave.  
(909) 931-0303  
Amenities: E

### LA Fitness

1351 E. 19th St.  
(909) 985-1050  
Amenities: E

### Scheu Family YMCA of Upland

1150 E. Foothill Blvd.  
(909) 946-6120  
Amenities: E, SC

## Victorville

### 24 Hour Fitness - Victorville Active

16200 Bear Valley Rd.  
(760) 955-2200  
Amenities: E, SC

### Anytime Fitness

12044 Dunia Rd., Ste. H  
(760) 947-8900  
Amenities: E, SC  
Call before first visit.

### Fitness 19

13605 A Bear Valley Rd., Bldg. R-3  
(760) 244-2219  
Amenities: E

### World Gym

14689 Valley Center Dr.  
(760) 243-4020  
Amenities: E, S

### World Gym

17260 Bear Valley Rd.  
(760) 951-4959  
Amenities: E

## Yucaipa

### Curves

34366 Yucaipa Blvd., Ste. C  
(909) 790-2744  
Amenities: E

### Fitness 19

34448 Yucaipa Blvd., #B  
(909) 797-6595  
Amenities: E, SC

### Powerhouse Gym of Yucaipa

35120 Yucaipa Blvd.  
(909) 790-3539  
Amenities: E

(cont.)

Locations are updated regularly and subject to change; visit [silversneakers.com](http://silversneakers.com) for the latest updates.

### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Yucaipa (cont.)

**Reps for Life**  
33492 Oak Glen Rd., Ste. A  
(909) 797-6900  
Amenities: E, S

## Yucca Valley

**Five Star Fitness**  
57725 29 Palms Hwy., Ste. 300  
(760) 228-9100  
Amenities: E, SC

## San Diego Alpine

**Alpine Fitness**  
1620 Alpine Blvd., Ste. 101  
(619) 445-0285  
Amenities: E, SC

## Bonsall

**Curves**  
5525 Mission Rd., Ste. A  
(760) 945-3536  
Amenities: E

## Carlsbad

**24 Hour Fitness - Carlsbad Sport**  
1265 Laurel Tree Ln., Ste. 100  
(760) 602-5001  
Amenities: E, S, P, W

**CHUZE Fitness**  
2502 El Camino Real  
(760) 434-7700  
Amenities: E, SC

## Carlsbad (cont.)

**Curves - North**  
5670 El Camino Real, Ste. J  
(760) 930-0154  
Amenities: E

**PureFitness**  
6215 El Camino Real  
(760) 603-9190  
Amenities: E, S, P, W, SC

## Chula Vista

**24 Hour Fitness - Bonita Sport**  
870 Amena Ct.  
(619) 656-0018  
Amenities: E, S, P, W, SC

**24 Hour Fitness - Chula Vista Active**  
1660 Broadway  
(619) 425-6600  
Amenities: E, SC

**24 Hour Fitness - Downtown  
Chula Vista Active**  
320 3rd Ave., Unit A  
(619) 427-2424  
Amenities: E, SC

**Curves - Otay Ranch**  
1392 E. Palomar St., #404  
(619) 421-3333  
Amenities: E

**LA Fitness - Eastlake**  
2070 Otay Lakes Rd.  
(619) 397-7240  
Amenities: E

## El Cajon

**24 Hour Fitness - El Cajon Main  
Super Sport**  
198 W. Main St.  
(619) 442-0293  
Amenities: E, S, P, W

**Crunch Fitness**  
565 Fletcher Pkwy., # 202  
(619) 749-6939  
Amenities: E

**Crunch Fitness**  
522 Jamacha Rd.  
(619) 579-1818  
Amenities: E, S, P, W

## Encinitas

**24 Hour Fitness - Encinitas Active**  
455 Santa Fe Dr.  
(760) 634-2760  
Amenities: E, SC

**LA Fitness**  
201 S. El Camino Real, Ste. A  
(760) 753-5600  
Amenities: E

## Escondido

**24 Hour Fitness - Escondido East  
Valley Pkwy Active**  
1529 E. Valley Pkwy.  
(760) 705-3096  
Amenities: E, SC

**24 Hour Fitness - Escondido  
Super Sport**  
400 La Terraza Blvd.  
(760) 233-1024  
Amenities: E, S, P, W, SC

(cont.)

Locations are updated regularly and subject to change; visit [silversneakers.com](http://silversneakers.com) for the latest updates.

### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Escondido (cont.)

**CHUZE Fitness**  
409 W. Felicita Ave.  
(760) 746-5877  
Amenities: E, SC

**Curves - South**  
2441 S. Centre City Pkwy.  
(760) 738-1250  
Amenities: E

**LA Fitness**  
362 W. El Norte Pkwy.  
(760) 738-1347  
Amenities: E, SC

**Meadowbrook Village Christian Retirement Community**  
100 Holland Glen  
(760) 746-2500  
Amenities: E, P, W, SC

**Snap Fitness**  
2355 E. Valley Pkwy.  
(760) 746-7627  
Amenities: E, SC

## Fallbrook

**Anytime Fitness**  
855 S. Main St.  
(760) 723-2433  
Amenities: E  
Call before first visit.

**Club Paradise Fitness**  
1371 S. Mission Rd.  
(760) 731-0133  
Amenities: E, S, SC

**Club Paradise Fitness Express**  
706 S. Main St.  
(760) 731-9570  
Amenities: E, S, SC

## Imperial Beach

**IB Fitness**  
600 Palm Ave., Ste. 121  
(619) 423-6584  
Amenities: E, S, SC

## La Jolla

**24 Hour Fitness - La Jolla Sport**  
7680 Girard Ave., Ste. 200  
(858) 551-7800  
Amenities: E, SC

## La Mesa

**24 Hour Fitness - Grossmont Center Sport**  
5601 Grossmont Center Dr.  
(619) 667-7607  
Amenities: E, S, P, W, SC

**24 Hour Fitness - La Mesa Active**  
7450 University Ave.  
(619) 697-1212  
Amenities: E, SC

**24 Hour Fitness - Rancho San Diego Sport**  
3633 Avocado Blvd.  
(619) 660-5024  
Amenities: E, S, P\*, W, SC

**CHUZE Fitness**  
5500 Grossmont Center Dr.  
(619) 741-7600  
Amenities: E, SC

**Curves - Southeast**  
8677 LaMesa Blvd.  
(619) 462-0028  
Amenities: E

## Lakeside

**Curves**  
9775 Maine Ave.  
(619) 443-5660  
Amenities: E

## National City

**CHUZE Fitness**  
3007-16 Highland Ave.  
(619) 477-7433  
Amenities: E, SC

**Crunch Fitness**  
3030 Plaza Bonita Rd., Ste. 2075  
(619) 434-8909  
Amenities: E

**LA Fitness**  
1910 Sweetwater Rd.  
(619) 474-6392  
Amenities: E

## Oceanside

**24 Hour Fitness - Carlsbad Active**  
2213 S. El Camino Real  
(760) 439-4404  
Amenities: E, SC

**24 Hour Fitness - Oceanside Sport**  
4655 Frazee Rd.  
(760) 757-3712  
Amenities: E, S, P, W, SC

**Curves - North**  
3881 Mission Ave., Ste. C1  
(760) 721-9911  
Amenities: E

**Fitness 19**  
439 College Blvd.  
(760) 414-1919  
Amenities: E, SC

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Oceanside (cont.)

**LA Fitness**  
2335 Vista Way  
(760) 576-3188  
Amenities: E

**Nifty After Fifty**  
3861 Mission Ave. B25  
(760) 757-7035  
Amenities: E  
Call before first visit.

## Poway

**Anytime Fitness**  
12222 Poway Rd.  
(858) 842-2222  
Amenities: E

**LA Fitness**  
12648 Poway Rd.  
(858) 748-6498  
Amenities: E

**Purple Lotus Fitness & Wellness**  
13625 Adrian St., Ste. D  
(858) 486-5563  
Amenities: E

**Purple Lotus Studio**  
13625 Adrian St., Ste A  
(858) 486-5563  
Amenities: SC

## Ramona

**Ramona Fitness Center**  
558 Main St.  
(760) 789-3500  
Amenities: E, SC

## San Diego

**24 Hour Fitness - Balboa Super Sport**  
7715 Balboa Ave.  
(858) 292-7079  
Amenities: E, S, P, W, SC

**24 Hour Fitness - College Grove Magic Sport**  
6348 College Grove Way  
(619) 229-6112  
Amenities: E, S, P, W

**24 Hour Fitness - Hillcrest Active**  
3965 5th Ave., Ste. 100  
(619) 683-2424  
Amenities: E, SC

**24 Hour Fitness - Horton Plaza Sport**  
1 Horton Plaza, Ste. 25  
(619) 232-4024  
Amenities: E, W, SC

**24 Hour Fitness - Imperial Marketplace Sport**  
4345 Imperial Ave.  
(619) 684-7649  
Amenities: E, S, P, W, SC

**24 Hour Fitness - Miramar Active**  
9550 Miramar Rd.  
(858) 693-3500  
Amenities: E

**24 Hour Fitness - Mission Valley Active**  
1640 Camino Del Rio N., Ste. 315  
(619) 294-2424  
Amenities: E

**24 Hour Fitness - Pacific Beach Active**  
909 Garnet Ave.  
(858) 270-6024  
Amenities: E

## San Diego (cont.)

**24 Hour Fitness - Point Loma Active**  
3675 Midway Dr.  
(619) 224-2902  
Amenities: E, SC

**24 Hour Fitness - Rancho Bernardo Active**  
17170 Bernardo Center Dr.  
(858) 485-7177  
Amenities: E, SC

**24 Hour Fitness - Rancho Penasquitos Sport**  
10025 Carmel Mountain Rd.  
(858) 538-4400  
Amenities: E, S, P, W, SC

**24 Hour Fitness - Stadium Active**  
5885 Rancho Mission Rd.  
(619) 281-5543  
Amenities: E, SC

**24 Hour Fitness - UTC Super Sport**  
4425 La Jolla Village Dr.  
(858) 457-3930  
Amenities: E, S, P, W, SC

**Being Fit Fitness Center**  
4971 Clairemont Dr.  
(858) 483-9294  
Amenities: E, SC

**Being Fit Fitness Centers**  
8292 Mira Mesa Blvd.  
(858) 549-3456  
Amenities: E, SC

**CHUZE Fitness - Mission Valley**  
1233 Camino Del Rio S.  
(619) 297-7000  
Amenities: E, SC

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## San Diego (cont.)

**CHUZE Fitness - Rancho Bernardo**  
11985 Bernardo Plaza Dr.  
(858) 485-8544  
Amenities: E, SC

**Curves - Clairemont**  
4340 Genesee Ave., Ste. 205  
(858) 430-1010  
Amenities: E

**Curves - Point Loma**  
3960 W. Point Loma Blvd.  
(619) 222-8555  
Amenities: E

**Curves**  
10615 Tierrasanta Blvd., Ste. B  
(858) 496-1194  
Amenities: E

**Curves - Torrey Hills**  
10855 Sorrento Valley Rd., Ste. 8  
(858) 259-5588  
Amenities: E

**Fitness West**  
1880 Garnet Ave.  
(858) 272-9378  
Amenities: E

**Her Fitness Club**  
9932 Mercy Rd., Ste. 106  
(858) 536-4110  
Amenities: E

**LA Fitness - Kearny Mesa**  
4984 Shawline St.  
(858) 292-8810  
Amenities: E

## San Diego (cont.)

**LA Fitness - Sorrento Valley**  
10535 Heater Ct.  
(858) 550-5912  
Amenities: E

**LA Fitness - 4S Ranch**  
16913 Dove Canyon Rd.  
(858) 676-6806  
Amenities: E

**LA Fitness - San Carlos**  
8876 Navajo Rd.  
(619) 466-6648  
Amenities: E

**The Salvation Army, A California Corporation**  
6753 University Ave.  
(619) 269-1460  
Amenities: E, P, SC

## San Marcos

**24 Hour Fitness - San Marcos Active**  
641 S. Rancho Santa Fe Rd.  
(760) 591-7700  
Amenities: E, S, P, W, SC

**Crunch Fitness**  
563 Grand Ave.  
(760) 591-3100  
Amenities: E

**LA Fitness**  
125 N. Twin Oaks Valley Rd.  
(760) 744-3354  
Amenities: E

## Santee

**24 Hour Fitness - Santee Sport**  
9906 Mission Gorge Rd.  
(619) 258-3658  
Amenities: E, S, P, SC

**CHUZE Fitness**  
215 Town Center Pkwy.  
(619) 596-0076  
Amenities: E, SC

## Solana Beach

**24 Hour Fitness - Solana Beach Active**  
975 Lomas Santa Fe Dr., Ste. A-C  
(858) 523-9060  
Amenities: E, SC

## Valley Center

**Shain Fitness Center**  
27350 Valley Center Rd., Ste. A  
(760) 751-4225  
Amenities: E, SC

## Vista

**24 Hour Fitness - Vista Sport**  
324 Sycamore Ave.  
(760) 666-6077  
Amenities: E, S, P, W, SC

**LA Fitness**  
680 Hacienda Dr.  
(760) 732-0072  
Amenities: E

**Nifty After Fifty**  
510 Hacienda Dr., #108A  
(760) 630-6035  
Amenities: E  
Call before first visit.

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Vista (cont.)

**Snap Fitness**  
950 E. Vista Way  
(760) 758-7627  
Amenities: E, SC

## San Francisco San Francisco

**24 Hour Fitness - California Street Active**  
100 California St., Ste. 200  
(415) 434-5080  
Amenities: E, W

**24 Hour Fitness - Marathon Plaza Active**  
303 2nd St.  
(415) 543-7808  
Amenities: E

**24 Hour Fitness - Market Street Active**  
2145 Market St.  
(415) 864-0822  
Amenities: E

**24 Hour Fitness - Noe Valley Fit Lite**  
3800 24th St., Ste. 2  
(415) 642-2424  
Amenities: E, S, P, W

**24 Hour Fitness - North Point Active**  
350 Bay St.  
(415) 395-9595  
Amenities: E

**24 Hour Fitness - Ocean Avenue Sport**  
1850 Ocean Ave.  
(415) 334-1400  
Amenities: E, S, P, W

## San Francisco (cont.)

**24 Hour Fitness - Potrero Hills Sport**  
1645 Bryant St.  
(415) 437-4188  
Amenities: E, S, P, W, SC

**24 Hour Fitness - Sutter/Montgomery Active**  
45 Montgomery St.  
(415) 623-2424  
Amenities: E

**24 Hour Fitness - Van Ness Active**  
1200 Van Ness Ave.  
(415) 776-2200  
Amenities: E, W

**Bally Total Fitness**  
3951 Alemany Blvd.  
(650) 985-2400  
Amenities: E, S, P, W, SC

**Crunch Fitness - Alhambra**  
2330 Polk St.  
(415) 292-5444  
Amenities: E

**Crunch Fitness**  
2324 Chestnut St.  
(415) 292-8470  
Amenities: E

**Crunch Fitness - Hills Plaza**  
345 Spear St.  
(415) 495-1939  
Amenities: E

**Crunch Fitness**  
61 New Montgomery  
(415) 543-1110  
Amenities: E

## San Francisco (cont.)

**Crunch Fitness**  
1725 Union St.  
(415) 430-3399  
Amenities: E

**Crunch Fitness - Yerba Buena**  
350 Third St.  
(415) 512-1010  
Amenities: E

**Curves - Twin Peaks**  
608 Portola Dr.  
(415) 759-9103  
Amenities: E

**Curves - Inner Richmond**  
432 Clement St.  
(415) 933-6693  
Amenities: E

**Fitness Evolution**  
37 Grove St.  
(415) 255-0900  
Amenities: E

**World Gym**  
290 De Haro St.  
(415) 703-9650  
Amenities: E, S

## San Joaquin Lathrop

**In-Shape Fitness**  
15362 Harlan Rd. Loop  
(209) 373-2441  
Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool



# SilverSneakers Locations (cont.)



## Lodi

**Fitness Works**  
429 W. Lockeford St.  
(209) 334-6224  
Amenities: E, SC

**Twin Arbors Racquet Club**  
1900 S. Hutchins St.  
(209) 334-4897  
Amenities: E, S, P, W

## Manteca

**24 Hour Fitness - Manteca Sport**  
1090 N. Main St.  
(209) 825-4141  
Amenities: E, S, P, W, SC

**California Total Fitness**  
441 N. Main St.  
(209) 239-2429  
Amenities: E, S, SC

**Curves**  
1449 Historical Plaza Way  
(209) 824-2070  
Amenities: E

**In-Shape Sport**  
1805 E. Yosemite Ave.  
(209) 823-0174  
Amenities: E, P, SC

## Stockton

**24 Hour Fitness - Benjamin Holt Sport**  
3137 W. Benjamin Holt Dr.  
(209) 951-5999  
Amenities: E, S, P, W, SC

## Stockton (cont.)

**Curves - Central**  
4343 Pacific Ave., #A-5  
(209) 957-2099  
Amenities: E

**Curves - North**  
1730 W. Hammer Ln.  
(209) 957-3898  
Amenities: E

**Fitness Evolution**  
4950 Claremont Ave.  
(209) 473-4880  
Amenities: E, S

**Fitness Evolution**  
1822 E. Hammer Ln.  
(209) 474-0348  
Amenities: E, S

**In-Shape City - Downtown**  
6 S. El Dorado St.  
(209) 472-2190  
Amenities: E, SC

**In-Shape City**  
7920 Kelley Dr.  
(209) 472-2105  
Amenities: E, P

**In-Shape Sport - West Lane**  
1074 E. Bianchi Rd.  
(209) 472-2100  
Amenities: E, P\*, SC

## Tracy

**Anytime Fitness**  
2620 S. Tracy Blvd., Ste. 120  
(209) 831-7922  
Amenities: E  
Call before first visit.

## Tracy (cont.)

**Curves**  
2513 N. Tracy Blvd.  
(209) 834-2424  
Amenities: E

**In-Shape City**  
239 W. Eleventh St.  
(209) 833-3370  
Amenities: E, S

**World Gym**  
2340 E. St.  
(209) 836-3488  
Amenities: E

## San Luis Obispo Paso Robles

**Curves**  
1483 Creston Rd.  
(805) 238-3224  
Amenities: E

## Pismo Beach

**Curves**  
569 Five Cities Dr.  
(805) 773-3337  
Amenities: E

## San Mateo Daly City

**24 Hour Fitness - Daly City Sport**  
373 Gellert Blvd..  
(650) 756-3303  
Amenities: E, S, P, W

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Daly City (cont.)

**Crunch Fitness**  
60 Serramonte Ctr.  
(650) 684-1234  
Amenities: E

**Fitness 19**  
263 Lake Merced Blvd.  
(650) 757-1919  
Amenities: E

**Snap Fitness**  
6403 Mission St.  
(650) 993-8224  
Amenities: E

## Half Moon Bay

**Curves**  
507 B. Purissima St.  
(650) 726-1986  
Amenities: E

**Snap Fitness**  
20 Stone Pine Rd.  
(650) 726-4600  
Amenities: E

## Millbrae

**24 Hour Fitness - Millbrae Super Sport**  
979 Broadway Ave.  
(650) 651-1003  
Amenities: E, SC

## Pacifica

**24 Hour Fitness - Pacifica Active**  
555 Oceana Blvd.  
(650) 738-7824  
Amenities: E

## Redwood City

**Crunch Fitness**  
515 Veterans Blvd.  
(650) 365-3800  
Amenities: E

**Snap Fitness**  
3209 Oak Knoll Dr.  
(650) 365-7627  
Amenities: E

## San Carlos

**24 Hour Fitness - San Carlos Active**  
1650 Industrial Rd.  
(650) 595-3000  
Amenities: E, W

**Curves**  
1313 Laurel St., Ste. 100  
(650) 631-1900  
Amenities: E

## San Mateo

**24 Hour Fitness - San Mateo Sport**  
500 S. El Camino Real  
(650) 343-7922  
Amenities: E, S, P, W

**24 Hour Fitness - San Mateo Super Sport**  
93 Bovet Rd.  
(650) 653-2046  
Amenities: E, S, P, W, SC

**Crunch Fitness**  
1150 Park Pl.  
(650) 212-4653  
Amenities: E

## San Mateo (cont.)

**Fitness 19**  
2727 S. El Camino Real, Ste. D  
(650) 212-1919  
Amenities: E

**Snap Fitness**  
1232 W. Hillsdale Blvd.  
(650) 393-5625  
Amenities: E

## South San Francisco

**Bally Total Fitness**  
180 E. El Camino Real  
(650) 583-4247  
Amenities: E, S, P, W, SC

## Santa Barbara Buellton

**Curves**  
240 E. Hwy. 246, Ste. 103B  
(805) 691-9427  
Amenities: E

## Carpinteria

**The Gym Next Door**  
901 #B Linden Ave.  
(805) 684-2595  
Amenities: E, SC

## Lompoc

**Curves**  
1022 N. H St.  
(805) 740-0500  
Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Lompoc (cont.)

**In-Shape City**  
501 W. Central Ave.  
(805) 735-2600  
Amenities: E, P

**Lompoc Family YMCA**  
201 W. College Ave.  
(805) 736-3483  
Amenities: E, S, P, SC

## Nipomo

**Curves - Guadalupe**  
277 W. Tefft St., Ste. F  
(805) 619-7551  
Amenities: E

## Orcutt

**Curves - Santa Maria**  
1157 E. Clark Ave., Ste. I  
(805) 938-5511  
Amenities: E

## Santa Barbara

**24 Hour Fitness - Santa Barbara**  
**Agassi Sport**  
820 State St.  
(805) 899-4008  
Amenities: E, S, P, W

**Curves -West/Goleta**  
185 S. Patterson Ave., Ste. F  
(805) 692-5399  
Amenities: E

**Santa Barbara Family YMCA**  
36 Hitchcock Way  
(805) 687-7727  
Amenities: E, S, P, W, SC

## Santa Maria

**In-Shape City**  
1318 S. Broadway  
(805) 928-7474  
Amenities: E, P, SC

## Santa Clara Gilroy

**Curves**  
7901 Westwood Dr., Ste. J  
(408) 846-9617  
Amenities: E

**Snap Fitness**  
8050 Santa Teresa Blvd.  
(408) 848-8701  
Amenities: E

## Los Altos

**Curves - East**  
2069 Grant Rd.  
(408) 730-1600  
Amenities: E

**Snap Fitness**  
955 Fremont Ave.  
(650) 948-5500  
Amenities: E

## Milpitas

**24 Hour Fitness - Milpitas Active**  
301 Jacklin Rd.  
(408) 586-0524  
Amenities: E

**Curves - West**  
623 S. Main St.  
(408) 942-5050  
Amenities: E

## Milpitas (cont.)

**Fitness 19**  
1350 S. Park Victoria Dr., Ste. 22  
(408) 942-8819  
Amenities: E

## Morgan Hill

**24 Hour Fitness - Morgan Hill Active**  
850 Tennant Ave.  
(408) 779-5555  
Amenities: E, W

## Mountain View

**24 Hour Fitness - Mountain  
View Sport**  
550 Showers Dr.  
(650) 941-2268  
Amenities: E, S, P, W

**24 Hour Fitness - Mtn. View  
Super Sport**  
2535 California St.  
(650) 935-9064  
Amenities: E, S, P, W, SC

## San Jose

**24 Hour Fitness - Capitol Sport**  
375 N. Capitol Ave., Ste. A  
(408) 923-2639  
Amenities: E, S, P, W

**24 Hour Fitness - Hillsdale Sport**  
1825 - A Hillsdale Ave.  
(408) 723-2639  
Amenities: E, S, P, W

**24 Hour Fitness - Parkmoor Active**  
1531 Parkmoor Ave.  
(408) 295-6666  
Amenities: E

(cont.)

Locations are updated regularly and subject to change; visit [silversneakers.com](https://silversneakers.com) for the latest updates.

### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## San Jose (cont.)

**24 Hour Fitness - San Jose Super Sport**  
1610 Crane Ct.  
(408) 490-3019  
Amenities: E, S, P, W

**24 Hour Fitness - Santa Teresa Sport**  
6223 Santa Teresa Blvd.  
(408) 225-4024  
Amenities: E, S, P, W

**24 Hour Fitness - Willow Glen Active**  
2306 Almaden Rd., Ste. 140  
(408) 513-3398  
Amenities: E, SC

**Bally Total Fitness - Capitol Expressway**  
2920 Aborn Sq.  
(408) 223-4411  
Amenities: E, S, P, W, SC

**Curves - Cupertino**  
1299 Water Lily Way, Unit 20  
(408) 257-2878  
Amenities: E

**Curves - Vista Park**  
705 Capitol Expy., Auto Mall #30  
(408) 265-6600  
Amenities: E

**Curves - Campbell**  
2990 Union Ave.  
(408) 626-7053  
Amenities: E

**Curves - Evergreen**  
4868 San Felipe Rd., Ste. 110  
(408) 532-8844  
Amenities: E

## San Jose (cont.)

**Curves - South**  
6055 Meridian Ave., #170  
(408) 927-0012  
Amenities: E

**Fitness 19**  
3000 Story Rd.  
(408) 272-1919  
Amenities: E

**Fitness Evolution - Pavilion**  
150 S. 1st St.  
(408) 924-0500  
Amenities: E, S

**Fitness Evolution - Elite**  
916 N. Third St.  
(408) 292-1141  
Amenities: E, S, P, W

**Fitness Evolution - South**  
1570 Hamilton Ave.  
(408) 267-1900  
Amenities: E, S

## Santa Clara

**Anytime Fitness**  
2718 Homestead Rd.  
(408) 244-2884  
Amenities: E  
Call before first visit.

**Curves - Central**  
1092 Kiely Blvd.  
(408) 260-9100  
Amenities: E

**Snap Fitness**  
60 N. Winchester Blvd.  
(408) 260-1111  
Amenities: E

## Sunnyvale

**24 Hour Fitness - East Arques Active**  
1211 E. Arques Ave.  
(408) 749-0300  
Amenities: E

**24 Hour Fitness - Sunnyvale Sport**  
150 E. Fremont Ave.  
(408) 737-8600  
Amenities: E, S, P, W, SC

**24 Hour Fitness - Sunnyvale Super Sport**  
762 Sunnyvale Saratoga Rd.  
(408) 220-6588  
Amenities: E, S, P, W

**Fitness 19**  
1060 E. El Camino Real  
(408) 984-1919  
Amenities: E

## Santa Cruz Aptos

**Cabrillo Fitness Club**  
6200 Soquel Dr.  
(831) 475-5979  
Amenities: E, S, P, W, SC  
Members' hours are 11 a.m. to 4 p.m. daily.

**Curves**  
7000 Soquel Dr., Ste. 1 & 2  
(831) 688-2348  
Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Capitola

**Capitola Fitness**  
816 Bay Ave.  
(831) 475-1500  
Amenities: E, S, P, W, SC

## Santa Cruz

**24 Hour Fitness - Santa Cruz Sport**  
1261 Soquel Ave.  
(831) 454-0333  
Amenities: E, S, P, W, SC

**Curves - East**  
2724 Soquel Ave., Ste. D  
(831) 465-8228  
Amenities: E

**Toadal Fitness - Downtown**  
113 Lincoln St.  
(831) 423-3764  
Amenities: E

Members' hours are 11 a.m. to 4 p.m. daily.

**Toadal Fitness - Live Oak**  
1200 17th Ave., Ste. 108  
(831) 464-3764  
Amenities: E, S, SC

Members' hours are 11 a.m. to 4 p.m. daily.

**Toadal Fitness - Westside**  
3004 Mission St.  
(831) 466-3764  
Amenities: E, S, SC

Members' hours are 11 a.m. to 4 p.m. daily.

## Scotts Valley

**Toadal Fitness**  
269 Mount Hermon Rd.  
(831) 430-9200  
Amenities: E, S, SC

## Watsonville

**Curves**  
1058 S. Green Valley Rd.  
(831) 724-0900  
Amenities: E

**Gold's Gym**  
120 Westridge Dr.  
(831) 728-4653  
Amenities: E, S, P, W, SC

## Shasta

### Anderson

**Curves**  
2676 Gateway Dr.  
(530) 365-4230  
Amenities: E

### Palo Cedro

**Curves**  
9452 Deschutes Rd., Ste. A  
(530) 547-4443  
Amenities: E

## Redding

**Curves - East**  
2955 Churn Creek Rd.  
(530) 223-2702  
Amenities: E

## Redding (cont.)

**Curves - West**  
2275 Eureka Way  
(530) 246-7211  
Amenities: E

**Shasta Athletic Club**  
1988 Park Marina Dr.  
(530) 241-7711  
Amenities: E, S, P, W, SC

## Solano

### Benicia

**Curves**  
2038 Columbus Pkwy.  
(707) 745-2150  
Amenities: E

### Dixon

**Anytime Fitness**  
1900 North Lincoln St.  
(707) 693-9500  
Amenities: E  
Call before first visit.

**Curves**  
1910 N. Lincoln, Ste. 104  
(707) 678-4200  
Amenities: E

## Fairfield

**24 Hour Fitness - Fairfield Sport**  
1519 Gateway Blvd.  
(707) 421-7247  
Amenities: E, S, P, W, SC

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Suisun City

**Curves**  
110 Railroad Ave.  
(707) 434-1555  
Amenities: E

**In-Shape City**  
125 Sunset Ave.  
(707) 439-4004  
Amenities: E, P, SC

**The Salvation Army Suisun City  
Kroc Center**  
586 E. Wigeon Way  
(707) 439-7880  
Amenities: E, P, W

## Vacaville

**Fitness 19**  
70 Peabody Rd.  
(707) 447-1919  
Amenities: E

**Gold's Gym**  
201 Main St.  
(707) 447-4653  
Amenities: E, S, P, W

**In-Shape Sport**  
615 Elmira Rd.  
(707) 455-5010  
Amenities: E, P, SC

## Vallejo

**24 Hour Fitness - Vallejo Active**  
4300 Sonoma Blvd., Ste. 408  
(707) 558-8085  
Amenities: E, S, P, W, SC

## Sonoma

### Cloverdale

**Curves**  
1117 S. Cloverdale Blvd., Ste. C  
(707) 894-4488  
Amenities: E

### Petaluma

**24 Hour Fitness - Petaluma Active**  
6 Petaluma Blvd. N.  
(707) 789-9050  
Amenities: E, W

**Curves - East**  
345-A S. McDowell Blvd.  
(707) 778-1777  
Amenities: E

### Rohnert Park

**24 Hour Fitness - Rohnert Park  
Super Sport**  
6345 Commerce Blvd.  
(707) 536-0048  
Amenities: E, S, P\*, W, SC

**Callinan Sports and Fitness Center**  
5405 Snyder Ln.  
(707) 588-3488  
Amenities: E, S, P

## Santa Rosa

**24 Hour Fitness - Santa Rosa Super  
Sport**  
3550 Industrial Dr.  
(707) 542-9600  
Amenities: E, S, P, W, SC

## Santa Rosa (cont.)

**Anytime Fitness**  
2885 Santa Rosa Ave.  
(707) 542-6500  
Amenities: E  
Call before first visit.

**Anytime Fitness**  
490 Larkfield Ctr.  
(707) 578-4900  
Amenities: E  
Call before first visit.

**Anytime Fitness - Windsor**  
6422 Old Redwood Hwy.  
(707) 535-6444  
Amenities: E  
Call before first visit.

**Curves - Northeast**  
740 Montecito Ctr.  
(707) 537-9090  
Amenities: E

**Curves Jenny Craig - West**  
1401 Guerneville Rd., Ste. 360  
707-573-1500  
Amenities: E

**Powerhouse Gym**  
515 5th St.  
(707) 284-4664  
Amenities: E, S

## Sebastopol

**Sue's Circuit**  
775 Gravenstein Hwy. S.  
(707) 823-8111  
Amenities: E

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Sonoma

### Curves

250 W. Napa St.  
(707) 933-3030  
Amenities: E

## Windsor

### Curves

9025 Old Redwood Hwy., Ste. F  
(707) 838-8070  
Amenities: E

## Stanislaus

### Ceres

### Curves

2531 E. Whitmore Ave., Ste. L2  
(209) 538-1515  
Amenities: E

### In-Shape City

1769 Mitchell Rd.  
(209) 538-2500  
Amenities: E, P, SC

## Modesto

### Brenda Athletic Clubs

200 Norwegian Ave.  
(209) 571-2582  
Amenities: E, S, P, W, SC

### Curves - Central

803 W. Roseburg Ave.  
(209) 238-3271  
Amenities: E

## Modesto (cont.)

### Curves - Southeast

2307 Oakdale Rd., Ste. 601  
(209) 549-7655  
Amenities: E

### Fitness Evolution

4120 Dale Rd., Ste. G  
(209) 545-9055  
Amenities: E, S

### In-Shape City

2254 Floyd Ave.  
(209) 551-1400  
Amenities: E, S, P, W, SC

### In-Shape City

1234 McHenry Ave.  
(209) 549-0200  
Amenities: E, SC

### In-Shape City

1800 Prescott Rd.  
(209) 521-5900  
Amenities: E, P, SC

### In-Shape Fitness

3900 Pelandale Ave.  
(209) 552-7590  
Amenities: E

## Oakdale

### Curves

111-113 N. 3rd Ave.  
(209) 845-0553  
Amenities: E

### Fitness Evolution

1275 E. F St., Ste. 1  
(209) 848-0348  
Amenities: E, S

## Oakdale (cont.)

### Fitness Plus

1777 S. Yosemite Ave.  
(209) 847-7504  
Amenities: E, SC

## Riverbank

### Fitness Evolution - Riverbank

2210 Patterson Rd.  
(209) 869-0348  
Amenities: E

## Turlock

### Brenda Athletic Clubs

201 Tampa St.  
(209) 668-3838  
Amenities: E, S, P, W, SC

### Brenda Athletic Clubs

2310 Monte Vista Ave.  
(209) 668-3692  
Amenities: E

### Curves

1674 Fulkerth Rd.  
(209) 632-7303  
Amenities: E

### In-Shape City

2710 Geer Rd.  
(209) 667-2900  
Amenities: E, P, SC

### In-Shape Sport - Monte Vista

2821 Countryside Dr.  
(209) 634-1035  
Amenities: E, SC

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations (cont.)



## Waterford

**Curves**  
216 F St.  
(209) 390-8796  
Amenities: E

## Sutter Yuba City

**Curves**  
1000 Lincoln Rd., Ste. C  
(530) 821-5898  
Amenities: E

**NS Fit**  
680 N. Walton Ave.  
(530) 751-1818  
Amenities: E, S, P, W, SC

**Westcoast Muscle**  
1400 Bridge St.  
(530) 673-4849  
Amenities: E

## Tehama Red Bluff

**Amundson Physical Therapy  
Downtown Fitness**  
355 Main St.  
(530) 528-9112  
Amenities: E

## Tulare Dinuba

**Xcelerate Fitness**  
1401 W. El Monte Way, Ste.101  
(559) 595-1200  
Amenities: E, SC

## Exeter

**Snap Fitness**  
161 N. E St.  
(559) 594-4317  
Amenities: E

## Porterville

**Curves**  
76 North D St., Ste. A  
(559) 784-1300  
Amenities: E

**In-Shape City**  
899 Henderson Ave.  
(559) 782-9000  
Amenities: E, S, P, W, SC

## Visalia

**In-Shape City**  
1313 S. Mooney Blvd.  
(559) 741-1700  
Amenities: E, S, P, W, SC

**In-Shape Sport**  
909 N. Demaree  
(559) 733-1041  
Amenities: E, S, P\*, W, SC

**The Lifestyle Center - A division of  
Kaweah Delta Healthcare District**  
5105 W. Cypress Ave.  
(559) 624-3400  
Amenities: E, P, W

## Tuolumne Groveland

**Curves**  
18800 Main St.  
(209) 962-4908  
Amenities: E

## Ventura

### Camarillo

**24 Hour Fitness - Camarillo Sport**  
453 Carmen Dr.  
(805) 482-2444  
Amenities: E, S, P, W, SC

**Camarillo Family YMCA**  
3111 Village at the Park Dr.  
(805) 484-0423  
Amenities: E, P, SC

**Curves - East**  
4940 Verdugo Way  
(805) 482-9600  
Amenities: E

### Newbury Park

**Anytime Fitness**  
717 N. Wendy Dr.  
(805) 467-6402  
Amenities: E  
Call before first visit.

### Oxnard

**24 Hour Fitness - Channel  
Islands Active**  
1651 Victoria Ave., Ste. 160  
(805) 988-6000  
Amenities: E

**Anytime Fitness**  
702 N. Ventura Rd.  
(805) 983-7770  
Amenities: E

**Edge Fitness Club**  
2860 Harbor Blvd.  
(805) 815-4222  
Amenities: E, S

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool



# SilverSneakers Locations (cont.)



## Oxnard (cont.)

**Fitness 19**  
2721 S. Rose Ave.  
(805) 486-2219  
Amenities: E

**LA Fitness**  
451 W. Esplanade Dr.  
(805) 983-8375  
Amenities: E, SC

## Santa Paula

**Curves**  
922 E. Main St.  
(805) 525-1062  
Amenities: E

## Simi Valley

**24 Hour Fitness - Simi Valley Sport**  
1352 Madera Rd.  
(805) 520-3440  
Amenities: E, S, P\*, W

**24 Hour Fitness - Simi Valley**  
**Tapo Active**  
2350 Tapo St.  
(805) 520-3269  
Amenities: E, SC

**Curves - East**  
3885 Cochran St., Ste. W  
(805) 306-9202  
Amenities: E

**Gold's Gym**  
1357 E. Los Angeles Ave.  
(805) 581-4653  
Amenities: E, S, P, W, SC

## Thousand Oaks

**24 Hour Fitness - Thousand Oaks Sport**  
2595 E. Thousand Oaks Blvd.  
(805) 777-7300  
Amenities: E, S, P\*, W, SC

**Curves - North**  
1738 Moorpark Rd.  
(805) 449-0089  
Amenities: E

**Fitness 19 - Newbury Park**  
161 N. Reino Rd.  
(805) 499-8119  
Amenities: E, S

**Gold's Gym**  
197 N. Moorpark Rd.  
(805) 496-9331  
Amenities: E, S, P, W, SC

## Ventura

**Anytime Fitness**  
2950 Johnson Dr.  
(805) 658-1348  
Amenities: E

**Anytime Fitness**  
2700 E. Thompson Blvd.  
(805) 628-9161  
Amenities: E  
Call before first visit.

**Curves - East**  
9388 Telephone Rd., Ste. B  
(805) 647-5800  
Amenities: E

**Curves - West**  
2611 E. Thompson Blvd., Ste. #105  
(805) 641-9600  
Amenities: E

## Ventura (cont.)

**LA Fitness**  
1760 Victoria Ave.  
(805) 289-9907  
Amenities: E

**Ventura Family YMCA**  
3760 Telegraph Rd.  
(805) 642-2131  
Amenities: E, S, P, SC

## Yolo Davis

**Get Fit Davis**  
2795 2nd St., Ste. A  
(530) 759-7746  
Amenities: E, SC

## West Sacramento

**Curves**  
2050 Town Center Dr., #B160  
(916) 371-5000  
Amenities: E

**West Sacramento Recreation Center**  
2801 Jefferson Blvd.  
(916) 617-4770  
Amenities: E, P

## Winters

**Anytime Fitness**  
113 Main St.  
(530) 795-4444  
Amenities: E  
Call before first visit.

(cont.)

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool

# SilverSneakers Locations



## Woodland

### Fitness 19

441 Pioneer Ave., Ste. C

(530) 406-1919

Amenities: E

### Oasis Club & Spa

1317 College St.

(530) 662-4444

Amenities: E, S

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### Amenities legend

**E** Exercise Equipment  
**S** Steam/Sauna

**P** Pool  
**W** Whirlpool

**SC** SilverSneakers Classes  
**\*** Seasonal Pool